

Thai Sweet Potato and Carrot Soup – Sue and Ted Farrand

Soup

1 tablespoon coconut oil or other neutral oil like canola
2 cups chopped yellow onion
2 cloves garlic, minced
1 tablespoon minced fresh ginger
2 tablespoons red curry paste
2 cups (1 can) low-sodium chicken or vegetable broth
2 cups (1 can) coconut milk
¼ cup almond butter or peanut butter
3 cups diced peeled carrots
3 cups diced peeled sweet potatoes
½ teaspoon salt, plus more to taste
Freshly ground black pepper
Up to ¼ teaspoon cayenne pepper (optional, if you like spice)

Toppings

Minced fresh cilantro
Fresh lime juice

1. In a large pot, melt the coconut oil over medium heat. Add the onion, garlic, and ginger and sauté for 5 to 6 minutes, until the onion is translucent. Stir in the curry paste.
2. In a small bowl, whisk together some of the broth with the almond butter until smooth. Add the mixture to the pot, along with the carrots, sweet potatoes, salt, and remaining broth. Stir until combined.
3. Bring the soup to a low boil over medium-high heat and reduce the heat to medium-low. Cover and simmer for 15 to 20 minutes, until the potatoes and carrots are fork-tender.
4. Ladle the soup carefully into a blender or food processor (you can also use an immersion blender). Carefully blend until the soup is completely smooth.
5. Taste, and season with salt and black pepper. If you like more spice, add a pinch of cayenne pepper, and blend again. Transfer the soup back to the pot and reheat if necessary. If too thick, thin with water or broth.

Ladle the soup into bowls and top with minced cilantro and a squeeze of lime juice.

Yield: 4 servings