

Thai Coconut Curry Carrot Soup

Ingredients:

- 2 Tablespoons of butter 🧈 or Coconut oil (if you Prefer it)
- 1 yellow onion
- 4 Tablespoons of red Thai curry paste
- a couple cloves garlic
- 1 pound of carrots
- 3 cups of vegetable broth
- 1 can of coconut milk
- salt and pepper to taste

Instructions

Step one: Cut the carrots into pieces and put them in the oven to roast to get a caramelisation

Step two: Cut the onion and add it to a big pot with butter or coconut oil. sauté the onion until soft and translucent.(Around five minutes)

Step three: Once onions are soft, add the Thai curry paste and garlic, then continue to sauté for a few minutes more.

Step four: Once the carrots are roasted put them into the pot with the onions.

Step five: Add the vegetable stock to the pot

Step six: Blend until smooth

Step seven: add coconut milk and salt and pepper to taste