

Carrot Coconut Soup

by Executive Chef Rafael Hernandez, Clovis Community Medical Center

Yield: Serves 10

Ingredients:

- 3 ½ tsp. Extra Virgin Olive Oil
- 1 Large Yellow Onion, Diced
- 9oz (2-3 whole) Fresh Carrots, Peeled & Diced
- 3.5oz (1-2 whole) Sweet Potatoes, Peeled & Diced
- 3 tsp. Minced, Peeled White Garlic
- 3 tsp. Fresh Ginger Root
- 5 tsp. Soy Sauce (reduced sodium)
- 3 tsp. Yellow Curry Paste
- 1 tsp. Ground Turmeric
- 16oz Coconut Milk
- 2-3qts Vegetable Stock

Directions:

1. In a large pot, sweat onions in olive oil until translucent (about 10 min)
2. Add carrots, sweet potatoes, garlic, ginger and yellow curry paste and sauté for 5 min.
3. Add vegetable broth, bring to a boil and then reduce to simmer until vegetables are tender (about 30-40min)
4. Add coconut milk and stir.
5. Blend until smooth with hand/immersion blender or put in stand blender. Serve immediately.

Note: If you like a thicker soup, make a cornstarch slurry (equal parts cornstarch to water) and add after blending.