

THAI COCONUT CARROT GINGER SOUP



- 1 lb.** peeled, chopped carrots
- 1 cup** chopped onion
- 3** cloves minced garlic
- ¼ cup** peeled shredded ginger (fresh or from a jar)
- 2 cups** shredded coconut, unsweetened
- ½ cup** roasted cashews
- 1 qt.** vegetable stock (homemade, canned or re-constituted)
- 2** 13.66g cans coconut milk
- salt & pepper to taste (start with 2 tsp. salt)

Directions

Put everything in a big pot except the pepper. Bring to a boil. Reduce heat and simmer until carrots are tender. Puree with a stick blender (preferred method) or in batches in a blender or food processor. Taste for seasonings and add pepper and more salt at this time if needed. Heat through again to cook in the salt and pepper. Garnish with a little toasted coconut, if desired.

Serves 4 as a main course, 8 as a starter.