

VELVET SOUP

(Curried Carrot and Coconut Soup)

Servings: 6

INGREDIENTS

2 Tbsp	butter
1	medium onion
2 tsp	curry powder
1 tsp	cumin
4 cups	vegetable broth
4	large carrots (or 6 medium), peeled and sliced
1 can	coconut milk

DIRECTIONS

1. Over medium heat, melt the butter.
2. Saute onion until translucent.
3. Stir in the curry powder and cumin, cook about 2 minutes.
4. Add carrots and vegetable broth.
5. Simmer until carrots are soft (approximately 10 minutes).
6. Remove from heat and allow to cool slightly.
7. Stir in coconut milk.
8. Blend in blender until smooth and velvety or use hand blender.