

Harvest Fest Carrot Ginger Soup

Ingredients

4 pounds carrots
3 Tbs olive oil
3 Tbs grated fresh ginger
2 Tbs minced garlic
1 yellow onion
2 cups unsweetened canned coconut milk
4 cups water
1/4 cup chopped cilantro
1/4 cup lime juice
1/4 cup green onions
1 Tbs Sambal Oelek chili paste
1 Tbs sea salt



Yield: 12 one cup portions

Tip: Top with reserved cilantro, green onions, or toasted pumpkin seeds for a bit of crunch.

A smooth carrot soup with just the right amount of heat and bite from ginger and chili paste. This nutrient-rich vegan soup is featured on the Island Hospital patient menu.

Instructions:

1. Chop carrots into one inch pieces. Steam or simmer carrots for 15-20 minutes until soft.
2. In large pot, sauté onion, ginger and garlic in oil until soft and fragrant.
3. To the pot add carrots and remaining ingredients. Using immersion blender or regular blender, purée until smooth.

Original recipe by Melody Pettingill, Food & Nutrition Director

