

Carrot Soup

Yield: 8 servings

THE JAMES
Mobile
Education
Kitchen

Ingredients:

- 1 tbsp. olive oil
- 1 large onion
- 2 cloves of garlic
- 4 cups of frozen or fresh carrots chopped
- 1 can of coconut milk (optional)
- 8 cups of low sodium vegetable stock
- 1 tsp ground cumin
- ½ tsp fennel seed
- 1 tsp paprika
- Pinch of clove
- Salt and pepper to taste

Directions:

- Heat olive oil over medium heat in a soup pot.
- Add garlic and onions and cook until translucent. Add carrots and spices. Cook until the bottom of the pan starts to caramelize.
- Add stock and let soup simmer for 20-30 minutes.
- Finish with coconut milk and puree with a blender, either with an immersion blender. Season to taste and enjoy.

