

CREAMY THAI CARROT SOUP WITH BASIL

Prep time 5 mins

Cook time 30 mins

Total time 35 mins

Thai-inspired, 8 ingredient, 30-minute carrot soup that's creamy, vegan + gluten free, perfectly sweet and spicy and so delicious.

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Recipe type: Soup, Entrée

Cuisine: Vegan, Gluten-Free, Thai-Inspired

Serves: 8



Ingredients

- 1 T coconut oil
- 1 large yellow onion, chopped
- 4 cloves garlic, chopped
- 1 1/2 pounds carrots, scrubbed (or peeled) and chopped (~6 cups)
- 2 t salt
- 1/2 t pepper
- 3 cups veggie stock *(or simply use chicken stock if not vegetarian/vegan)*
- 2 cups water
- 1/2 cup peanut butter
- 2 T sweet chili garlic sauce OR 1 T agave nectar and 1 T sriracha *(use less for less spice)* OR fresh ginger

OPTIONAL TOPPINGS: Fresh basil, cilantro, or mint; coconut milk; brown sugar or agave nectar (sub honey if not vegan); Sriracha hot sauce

1. Heat a large pot over medium heat.
2. Dice onion and garlic. Add to pot with 1 Tbsp coconut oil. Saute for a few minutes. Add carrots and cook for 5 more minutes.
3. Add salt, pepper, stock **and 2 cups of water**, stirring occasionally.
4. Bring to a low boil, reduce to a simmer. Cover and cook for 30 minutes, or until veggies are tender. Add peanut butter and chili garlic sauce.
5. Transfer to a blender (or use an immersion blender) and blend until smooth and creamy.
6. Taste and adjust seasonings as needed. For added sweetness, add a Tbsp or so of brown sugar, maple syrup or agave nectar (or honey if not vegan). Add more chili garlic sauce for more heat.
7. Serve immediately with fresh basil or herbs of choice. A drizzle of coconut milk will add a creamy, sweet touch. Serve with sriracha for extra heat.