



## CREAMY CARROT SOUP

Makes 4 servings.

Coconut milk gives this soup an unusual taste and silky texture. It is good cold or hot and freezes very well.

### INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 onion, sliced
- 6 large carrots, about 1 ½ pounds, sliced
- One 13.5 ounce can unsweetened coconut milk
- 2 cups vegetables broth
- 2-3 tablespoons lime juice
- Kosher salt
- Freshly ground black pepper
- Cilantro leaves for garnish

### PREPARATION

1. In a medium saucepan sauté the onion and carrots for a few minutes. Add coconut milk and 1¾ cups vegetable broth. Bring to a boil over high heat. Lower the heat and boil gently covered for 20 minutes. The carrots will be soft.
2. Puree in a Vitamix until smooth. Adjust the consistency with the reserved broth.
3. Season to taste with lime juice, salt and pepper.

### NOTE

If you freeze the soup, be sure to whisk as it is boiling to bring back its silky texture.