

Creamy Thai Carrot Peanut Butter Soup

Vegan, Gluten-Free, Healthy Immunity, High Fiber, Low added Sugars and Organic
Serves 8

Ingredients -

- 2 tablespoons oil (canola, olive or coconut)
- 1 large yellow onion, chopped
- 6 cloves garlic, diced
- 2 pounds of carrots, scrubbed (or peeled) and chopped (~8 cups)
- 1 quart (32 oz.) of Veggie Stock
- 1 cup coconut water / 1 cup coconut milk / 1 cup water
- 2/3 cup of fresh organic peanut butter
- 4 tablespoons of Sriracha hot (chili garlic) sauce (use more for more heat) ***
- 1 teaspoon of fresh ground black pepper
- A chopped handful of fresh basil or cilantro
- Salt and Pepper (to taste)
- Recommended Toppings: Fresh basil, cilantro, or mint; Sriracha hot sauce; Coconut milk (heavy); Brown sugar, maple syrup or agave nectar (sub honey if not vegan);
*** May vary based on the sauce manufacturer.



Important: For best results, all ingredients should be fresh, local, all natural and organic.

Instructions –

1. Heat a large pot over medium heat (add 2 tablespoons of oil once it starts heating up).
2. Chop onion and dice garlic. Add onions first and sweat for 4-6 minutes and then add carrots and garlic and cook for another 7 minutes.
3. Season with a bunch of fresh ground black pepper and two nice pinches of salt.
4. Add veggie stock and water, coconut milk and water (any combination will do).
5. Bring to a low boil, then reduce heat to a simmer. Cover and cook for ~20 minutes, or until veggies are tender (test by cutting a larger piece of carrot in half – it should cut with ease).
6. Transfer to a blender (or use an immersion blender) and blend until smooth and creamy. (Cover with a towel in case your lid leaks any soup while blending.)
7. Add peanut butter and chili garlic sauce and basil and/or cilantro and then move ~1/2 of the mix to “batch” process in the Vitamix® blender. Puree each batch until completely smooth.
8. Taste and adjust seasonings as needed via “recommended toppings” list above.

Other Tips:

- Make Ahead and refrigerate for up to 3 to 4 days.
- May have to thin out with more water before reheating.

Improvised from: <http://minimalistbaker.com/creamy-thai-carrot-soup-with-basil/>