Carrot Soup

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 teaspoon extra virgin olive oil
- ¼ cup onion, sliced
- ½ teaspoon garlic, minced
- ½ teaspoon ginger, chopped
- ¼ lb carrots, peeled and thinly sliced
- ½ cup low-sodium chicken stock
- 1 Tablespoon canola oil
- 1 teaspoon red curry paste
- 1 Tablespoon lemon grass, chopped
- 1 cup coconut milk
- 1 Tablespoon fish sauce
- 1 Tablespoon lime juice
- 1 Tablespoon cilantro, chopped
- Salt and pepper to taste

Nutrition Facts

4 servings per container

Serving size **1 Cup**

Amount per serving

Calories **200**

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3830mg	167%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 1g	
Vitamin D 1mcg	6%
Calcium 130mg	10%
Iron 0mg	0%
Potassium 145mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

1. In a small saucepan add olive oil and onion. Cook over low heat until translucent. Add garlic and ginger and cook until aromatic.
2. Add carrots and chicken stock and bring to a simmer. Cook for 20 minutes or until the carrots are tender.
3. Drain off ¼ cup liquid. Set aside.
4. Puree the remaining mixture until smooth. Set aside.
5. Heat a quart saucepan over medium heat. Add the canola oil, curry paste, and lemon grass. Cook 1 minute or until aromatic. Add reserved carrot liquid, carrot puree, and coconut milk. Bring to a simmer. Cook for 10 minutes.
6. Stir in the fish sauce and lime juice. Adjust seasoning with salt and pepper. Garnish with cilantro.