

Calming Coconut Carrot Squash Soup



Source: New Growth Wellness

Time: 30-40 minutes

Yield: 4-6 servings

Ingredients:

- 1 Tbsp olive oil
- 4 cloves garlic, crushed
- 2 Tbsp fresh ginger, grated
- 1 yellow onion, chopped
- 1 medium butternut squash, peeled and cubed
- 6 carrots, chopped
- 4 cups low sodium vegetable broth
- 1 can coconut milk
- Salt & Pepper to taste
- Optional:
 - More protein: ½ cup red lentils
 - More spice: 1 tsp curry powder & ½ tsp cayenne pepper

Instructions:

1. Heat oil over medium heat in a large soup pot.
2. Sauté garlic, onion, and ginger for 4 minutes.
3. Add remainder of ingredients (except coconut milk) into the pot and raise heat to high to boil.
4. Once boiling, reduce heat and simmer on low for 15-20 minutes-until carrots and squash are fork tender.
5. Remove pot from heat and blend with an immersion blender until no chunks remain.
6. Place pot back on heat and stir in the coconut milk until blended. Taste and season with salt & pepper.
7. Garnish with a dollop of sour cream or plain yogurt and a dash of paprika or shaved coconut.