

Creamy Carrot Curry Soup

Heat the oil in a pot, and sauté the onion and garlic over medium heat for 2 to 3 minutes, or until the onion is translucent. Add the carrots and salt and sauté two minutes more. Add the water and coconut milk, bring to a boil, then reduce heat and simmer, covered, for 20 minutes or until vegetables are tender. Add curry and pepper and simmer for 2 minutes more.

Half fill a blender with some of the soup, add the miso, and blend well. (Caution! Blending hot soup can be dangerous. Do not fill the blender more than half-full.) Pour the pureed soup into a large bowl, and continue blending portions until all of it has been pureed. Return the soup to the pot, stir in the grated carrots, and bring to a simmer. Remove from heat and serve hot.

Preparation List:

Serves 4

- 1 tablespoon olive oil
- 1½ medium onions, diced
- 3 cloves garlic, minced
- 4 medium to large carrots, sliced
- ¼ teaspoon sea salt
- 2½ cups water
- 1 14-ounce can coconut milk
- 2 teaspoons Madras curry, or to taste
- 1/8 teaspoon of pepper, or to taste
- 2 tablespoons white miso
- 2 tablespoons peeled and shredded raw carrot