

Foodnity Recipes

Creamy Carrot Soup Recipe - Easy & Healthy

10 min Prep time	**25 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs carrots, peeled and chopped
- [ ] 1 large onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 4 cups vegetable broth
- [ ] 1 can (13.5 oz) coconut milk
- [ ] 2 tbsp olive oil
- [ ] 1 tsp ground cumin
- [ ] 1/2 tsp ground coriander
- [ ] Salt and pepper to taste
- [ ] 1 tbsp lemon juice

Optional Garnishes

- [ ] Fresh parsley or cilantro
- [ ] Toasted pumpkin seeds
- [ ] A drizzle of olive oil
- [ ] A dollop of Greek yogurt

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the diced onion and sauté until soft and translucent, about 5 minutes.
2. Add the minced garlic and grated ginger to the pot. Sauté for another minute until fragrant.
3. Stir in the chopped carrots, cumin, and coriander. Cook for 5 minutes, stirring occasionally.
4. Pour in the vegetable broth and bring to a boil. Reduce the heat, cover, and simmer for 20 minutes or until the carrots are tender.
5. Using an immersion blender or carefully transferring to a blender, puree the soup until smooth.
6. Stir in the coconut milk and lemon juice. Season with salt and pepper to taste.
7. Ladle the soup into bowls and garnish with your choice of toppings. Serve hot.

Nutrition per serving

220 kcal	3 g	25 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra richness, roast the carrots in the oven at 400°F (200°C) for 25 minutes before blending.
- If the soup is too thick, add a little more broth or water to thin it out.
- This soup tastes even better the next day as the flavors meld together.