

# Thai Coconut Carrot Ginger Soup

This soup is a great side dish or can have vegetables and meat added to become a meal. If soup becomes thicker than you desire, stir in additional vegetable broth by the tablespoon to reach ideal consistency. Enjoy piping hot!



## Instructions

1. Heat 1/3 cup of the coconut milk in a large saucepan over medium-high heat.
2. Add the onion and salt and cook while stirring until onion is softened, about 5 minutes. Stir in the ginger, curry paste, and garlic and cook while stirring until well combined and fragrant, about 1 minute.
3. Add the carrots, 2 3/4 cups of broth, the lime juice, the 15 large cilantro sprigs, and the remaining coconut milk and bring to a boil over high heat. Reduce heat to low and simmer, covered, until the carrots are very tender, about 30 minutes. Remove the cilantro sprigs and puree soup in batches in a blender, using the hot fill line as a guide.
4. Transfer the pureed soup to a clean saucepan and place over low heat. Stir in 1/4 cup of the chia seeds and simmer uncovered until chia seeds are fully hydrated and soup reaches desired consistency, about 20 minutes, stirring occasionally. Taste and adjust seasonings, garnish with the remaining 1 teaspoon of chia seeds and small cilantro sprigs, and serve.

Ingredient	Amount	Scaled amount
Coconut Milk	2 cup	4 cup
Medium Yellow Onion	1 ----	2 ----
Sea Salt	3/4 tsp	1 1/2 tsp
Fresh ginger, peeled & grated	2 tsp	4 tsp
Yellow Curry Paste	2 tsp	4 tsp
Garlic Clove	1 ----	2 ----
Carrots	12 oz	24 oz
Vegetable or chicken broth	2 3/4 cup	4 1/2 cup
Lime juice, fresh	2 tbsp	4 tbsp
Cilantro, sprigs	15-20 ----	30-40 ----
Chia seeds	1/4 cup	1/2 cup



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