

open kitchen

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Carrot, Fennel, Ginger, Turmeric, and Coconut Milk Soup

Yield: 8 to 10 servings

Ingredients

2 tablespoons olive oil
2 leeks, cleaned and sliced
2 cups chopped fennel (1 small head)
8 cups chopped carrots
4 garlic cloves, minced
4 tablespoons peeled and chopped ginger
4 tablespoons peeled and chopped turmeric or 1 tablespoon turmeric powder
Salt & pepper to taste
6 cups low sodium vegetable broth
2 (14.5 oz) cans lite coconut milk

Directions

1. Heat the olive oil in a large Dutch oven or large pot. Add the fennel, leeks, and carrots. Sauté for about 5 minutes until the veggies start to soften. Add the garlic, ginger, turmeric, salt, and pepper, and sauté for a few more minutes.
2. Add the broth and coconut milk. Bring the mixture to a boil, cover and simmer for 20 minutes.
3. Once the soup is cooked, let it cool and add it to a blender and blend until creamy. Taste and adjust seasonings to your taste.