

# CREAMY GINGER CARROT SOUP

## INGREDIENTS

1 onion, diced  
4 garlic cloves, minced/crushed  
1.5 tbsp ginger  
2 tsp fresh or 1 tsp dried thyme  
½ tsp coriander  
½ tsp crushed red pepper  
6-8 carrots, chopped  
4 cups veggie broth  
1 cup unflavored/nonsweet nut milk  
½ of a lime, juiced  
salt, pepper- to taste  
1 bay leaf  
1 can white beans, drained (optional)

## DIRECTIONS

1. Sweat onions, garlic, ginger on medium-low heat with small amount of broth until translucent.
2. Season with small amount of salt and pepper, add carrots. Sautee 3-5 minutes, stirring consistently.
3. Add veggie broth and bay leaf, bring to a boil. Reduce heat, simmer for 20-30 minutes until carrots are soft.
4. Puree. I love my immersion blender, but you could use a blender in batches.
5. Stir in nut milk and lime juice. Season with salt and pepper

Topping Ideas: Swirled coconut milk, fresh-cut cilantro, cracked pepper, crushed red pepper, smoked paprika, squeeze of lemon or lime.

