



Thai Curry Root Soup

4 servings
40 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 Yellow Onion (large, finely chopped)
- 2 Garlic (minced)
- 1 tbsp Ginger (fresh, grated)
- 1 tsp Cumin
- 1 tsp Turmeric
- 1 tsp Coriander
- 1/4 tsp Red Pepper Flakes
- 1 Sweet Potato (large, diced, about 2 cups)
- 2 cups Rutabaga (diced)
- 2 cups Vegetable Broth (or bone broth or chicken broth)
- 1 3/4 cups Canned Coconut Milk (a 400ml can)
- 2 tbsps Lime Juice
- 1 Sea Salt & Black Pepper (to taste)
- 1/4 cup Raw Peanuts (roasted, for garnish, optional,)
- 2 tbsps Lime Zest (for garnish, optional)
- 1/4 cup Cilantro (for garnish, optional)

Nutrition

Amount per serving	
Fat	30g
Carbs	23g
Fiber	5g
Sugar	9g
Protein	6g

Directions

- 1 Eat the oil in a large saucepan. Add the onion and garlic. Cook on medium heat until onions are soft. Add the ginger root and spices. Continue cooking for a few minutes.
- 2 Add the root vegetables. Mix and cook for a few minutes to let all the vegetables absorb the fragrance of the spices. Pour in broth and coconut milk. Stir and bring to a boil. Then lower to a simmer. Continue cooking on low heat for another 15 minutes or until all your root vegetables are soft.
- 3 Let cool. Using an immersion blender or regular blender, purée the soup to the desired consistency. Stir in lime juice and season with salt and pepper to taste. Serve with garnishes if using.
- 4 Add the red pepper, the leftover cooked cauliflower and cooked corn, the parsley and the creamy mix to the chowder. Mix well. Simmer another 5 minutes. Taste and adjust seasonings. Enjoy!

Notes

Root Vegetables: Feel free to use a combo of any root vegetables you have on hand. Some of our favourites are sweet potatoes (yams), carrots, parsnips, potatoes (any kind), rutabaga, celeriac, and beets.

More Protein: Add 1/2 cup dry lentils or quinoa.

No Coconut Milk: Just increase the broth to 4 cups.

Peanut Allergy: Replace with roasted cashews, pumpkin seeds or omit altogether.