

CREAMY THAI CARROT SOUP WITH BASIL

Prep time	Cook time	Total time
5 mins	25 mins	30 mins

Thai-inspired, 7 ingredient, 30-minute carrot soup that's creamy, vegan + gluten free, perfectly sweet and spicy and so delicious.

Author: Minimalist Baker

Recipe type: Soup, Entree

Cuisine: Vegan, Gluten Free, Thai

Serves: 4



Ingredients

- 1/2 1 large yellow onion, chopped
- 3 cloves garlic, diced
- 1 pound carrots, scrubbed (or peeled) and chopped (~4 cups)
- Salt and Pepper
- 2 cups Veggie Stock + 2 cups water
- 1/3 cup creamy or crunchy salted natural peanut butter (use less for a less intense PB flavor)
- 2 tsp chili garlic sauce (use less for less spice)
- **TOPPINGS: Fresh basil, cilantro, or mint; coconut milk; brown sugar or agave nectar (sub honey if not vegan); Sriracha hot sauce**
- **(NOT LISTED: Coconut or Olive Oil for sauteing)**

Instructions

1. Heat a large pot over medium heat.
2. Dice onion and garlic. Add to pot with 1 Tbsp coconut or olive oil (or nonstick spray). Add carrots and cook for 5 minutes.
3. Season with a healthy pinch each salt and pepper, then add veggie stock **and 2 cups of water** and stir.
4. Bring to a low boil, then reduce heat to a simmer. Cover and cook for 20 minutes, or until veggies are tender (test by cutting a larger piece of carrot in half – it should cut with ease).
5. Transfer to a blender (or use an immersion blender) and blend until smooth and creamy. (Cover with a towel in case your lid leaks any soup while blending.)
6. Add peanut butter and chili garlic sauce to the blender and blend to combine, using a 'puree' or 'liquify' setting if you have it.
7. Taste and adjust seasonings as needed. For a touch of added sweetness, add a Tbsp or so of brown sugar, maple syrup or agave nectar (or honey if not vegan). Add more chili garlic sauce for more heat.
8. Serve immediately with fresh basil or herbs of choice. A drizzle of coconut milk will add a creamy, sweet touch. Serve with sriracha for extra heat.

Nutrition Information

Serving size: 1 of 4 bowls Calories: 224 Fat: 14.6g Saturated fat: 2.2g Carbohydrates: 19g
Sugar: 8g Sodium: 239mg Fiber: 5.7g Protein: 7.1g

Recipe by Minimalist Baker at <http://minimalistbaker.com/creamy-thai-carrot-soup-with-basil/>