

Curried Carrot & Coconut Milk Soup made with Minor's® Sautéed Vegetable Base Gluten Free



Colorful, fragrant soup packed with vegetable flavor.

Yield	45 oz (4-1/2oz each)
Serves	10
Preparation time	10 minutes
Cooking time	45 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	oz	2	tbsp	Butter, unsalted	
2.5	oz	2/3	cup	Onions	chopped
1	oz	1/2	cup	Scallions	finely chopped
1	tbsp	3	tsp	Ginger root, fresh	peeled, finely grated
1/2	oz	1	tbsp	Curry powder	
20	oz	2.5	cups	Water, boiling	
2.5	tsp			Minor's® Sautéed Vegetable Base (Mirepoix) (No Added MSG) Gluten Free 6x1 lb.	
16	oz	4	cups	Carrots	peeled, sliced thin
12	oz	1.5	cups	Coconut milk	unsweetened
4	oz	1/2	cup	Half and half cream	
1	tbsp	3	tsp	Lime juice, fresh	
1/2	oz	1/4	cup	Scallions	sliced

Preparation Steps

1. In a large heavy sauce pan over low heat, melt butter. Cook onions, 1/2 cup scallions, and ginger root until softened. Add curry powder and continue to cook.
2. Add Sautéed Vegetable Base and water to onion mixture, stirring until dissolved. Add carrots and bring to a boil; reduce heat. Cover and simmer for 20 minutes or until carrots are soft. Remove from heat.
3. In a blender, puree mixture in batches with coconut milk and cream until very smooth, transferring puree to a bowl. Stir in lime juice.
4. Portion soup and garnish with 1/4 cup trimmed scallions.

Chef's tip

Serve as a shooter with ancho marinated shrimp.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	145.2
Energy (KJ)	608.9
Protein (g)	1.9
Carbohydrate, total (g)	9.4
Fats, total (g)	12.2
Sugars, total (g)	4
Fats, saturated (g)	9.5
Fiber, total dietary (g)	2.7
Sodium (mg)	230
Calcium (mg)	46.1



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Cholesterol (mg)	10.3
Iron (mg)	1.2
Vitamin A (µg_RAE)	418.1
Vitamin C (mg)	5.7

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.