

Spicy Coconut Vegetable Soup (Protein Rich)

Ingredients:

- 30 ml olive oil (optional)
- 2 medium onions, chopped
- 4 cloves garlic, minced
- 2.5 cm ginger, grated
- 2 large carrots, chopped
- 2 medium potatoes, cubed
- 410 g diced tomatoes (undrained)
- 1 head broccoli, florets
- 400 ml coconut milk
- 1 tsp dry thyme
- 1-2 tsp harissa paste
- Salt & pepper to taste
- Optional Protein (choose one):
 - 425 g chickpeas, rinsed
 - 200 g red/brown lentils, rinsed
 - 500-750 g cooked chicken, shredded/cubed
 - 400 g firm tofu, cubed
 - 200-300 g shelled edamame
- Optional garnish: cilantro/parsley

Process:

1. **(Optional Sauté):** Sauté onions in oil until soft (5 min). Add garlic & ginger (1 min).
2. **Slow Cooker:** Add sautéed mix (if used), carrots, potatoes, tomatoes, coconut milk, thyme, and harissa to slow cooker. Season with salt & pepper.
3. **Cook:** Low 6-8 hrs or High 3-4 hrs, until vegetables are tender.
4. **Add Protein:**
 - Chickpeas/Cooked Chicken/Tofu/Edamame: Add in the last 30-60 min to warm through (Edamame: last 15-20 min).
 - Lentils: Add at the beginning with vegetables.
5. **Add Broccoli:** Add broccoli florets in the last 30-60 min.
6. **Adjust & Serve:** Taste and adjust seasoning. Garnish if desired.