

Gluten-Free Creamy Vegan Carrot Soup With Coconut

Prep: 10 mins

Cook: 30 mins

Total: 40 mins

Servings: 4 servings

A creamy vegetable soup is always satisfying and an easy way to get your serving of veggies for the day. This version has somewhat of a tropical twist with the addition of coconut milk, making it not only a delicious and nutritious soup but also a vegan one since there is no dairy. (It is also soy-free for those with a soy allergy or avoiding any soy products.) With nothing but carrots, coconut milk, and spices, this recipe is vegetarian, vegan, and also gluten-free.

Serve hot for lunch or dinner, or chill and present as a simple yet elegant appetizer soup on a warm evening or as a refreshing lunch on a hot day. It can also be a great way to start a special fall-themed meal, and if you ladle into hollowed out mini pumpkins, it makes an impressive presentation. If you'd like a little green garnish to add some color, a sprig of fresh parsley or cilantro would be nice.

Ingredients

- 2 to 3 large carrots, chopped small
- 1 onion, chopped small
- 1 teaspoon minced fresh ginger
- 1 1/2 teaspoons curry powder
- 1 3/4 cups vegetable broth
- 1 (14-ounce) can coconut milk
- Salt, to taste

Steps to Make It

1. Gather the ingredients.
2. Add the carrots, onions, ginger, and curry powder to a soup pot and cover with the vegetable broth. Simmer for 20 to 25 minutes, until carrots are soft.
3. Allow to cool slightly, and then puree in a blender, working in batches if needed.
4. Return to the heat and stir in coconut milk until well combined.
5. Season generously with sea salt, to taste.
6. Serve hot or chill until cold. This carrot soup will thicken as it cools, so if eating this vegan carrot soup cold, you may want to add a bit extra liquid before serving.

Use Caution When Blending Hot Ingredients

Steam expands quickly in a blender, and can cause ingredients to splatter everywhere or cause burns. To prevent this, fill the blender only one-third of the way up, vent the top, and cover with a folded kitchen towel while blending.

Tips

- Making vegetable soups with a smooth consistency is a great way to get reluctant vegetable eaters to enjoy their veggies.
- Pureeing in batches can be a little time consuming and sometimes messy. If you find yourself cooking this often, it may be worth purchasing an immersion blender. Simply plug in, place the wand directly into the soup pot, and then just press the button and whirl away!
- If you like spice, a bit of chili or dash of hot sauce will do the trick.
- If you have leftover coconut milk, transfer it from the can to a plastic or glass storage container with a tight-fitting lid. It will last a week in the refrigerator, with its taste and texture intact.

Recipe Variations

- Blend in some fresh parsley, cilantro, or Thai basil to complement the flavors nicely.
- To add a subtle depth to the soup, include a bit of minced garlic or roast the garlic first, for more of a sweet, nutty taste.