



CREAMY THAI CARROT SOUP WITH BASIL

By [The Minimalist Baker](#)

Prep time: 5 min

Cook time: 25 min

Total: 30 min

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**

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 ‘liquefy’ 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.

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

The Balanced Body Center

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