

Curry Carrot Soup

8-10 Carrots, scrubbed and sliced on the diagonal, 1/4" thick.

1 medium red onion, finely chopped

2-3 Tbsp. Coconut Oil

1 Tbsp. curry powder

1 box broth

1 can coconut milk

Saute' carrots in coconut oil till just beginning to turn color (3-5 minutes), add onion and curry and continue cooking till onions start to turn clear.

Add one box of your favorite broth, either vegetable or organic chicken, and cook till veggies are tender (15-20 minutes)

Add coconut milk and serve with a sprig of cilantro or parsley.

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