

Thai Sweet Potato and Carrot Soup 12 servings

3 Tbsp coconut oil or other neutral oil (like canola)
6 cups chopped yellow onion (about 6 medium onions)
6 cloves garlic, minced
3 Tbsp minced fresh ginger
6 Tbsp red curry paste (green curry paste is fine)*
6 cups (48 oz) low-sodium chicken or vegetable broth
3 cans coconut milk
3/4 cup almond butter or peanut butter
9 cups diced peeled carrots (approx 3 lbs)
9 cups diced peeled sweet potatoes (approx 3 lbs)
1-1/2 teaspoons salt, plus more to taste
Freshly ground black pepper
Up to 1/4 teaspoon cayenne pepper (optional, if you like spice)
Toppings: minced fresh cilantro, fresh lime juice

Melt oil in soup pot over medium heat. Add onion, garlic, and ginger. Sauté 5-6 mins, until onion is translucent. Stir in curry paste.

Whisk together some broth with almond butter in a small bowl. When smooth, add mix to the pot, along with carrots, sweet potatoes, salt, and remaining broth. Stir until combined.

Add coconut milk. Bring to low boil at medium-high heat. Reduce to medium-low. Cover, simmer 15-20 mins, until potatoes and carrots are fork-tender.

Using an immersion blender, blend until soup is smooth. If you don't have an immersion blender, process soup in batches in a regular blender or food processor. If soup is too thick, add water or broth.

Taste, and season with salt and black pepper. If you like more spice, add a pinch of cayenne pepper, and blend again.

Ladle soup into bowls and top with minced cilantro and a squeeze of lime juice.

* 1 tsp curry powder can be substituted for each Tbsp of curry paste.