Carrot-Leek Coconut Soup (adapted from Bon Appetit)

8 Servings (can be doubled)

Ingredients

- 1 tablespoon coconut oil or olive oil
- 1 pound carrots, peeled, chopped
- 1 apple, peeled, cored, and chopped
- 1 large onion, chopped
- 2 medium leeks (or 1 large), white and pale-green parts only chopped
- 2 garlic cloves, chopped
- 1 tablespoon finely grated peeled fresh ginger
- Kosher salt, freshly ground pepper
- 4 cups low-sodium vegetable or chicken broth
- 1 13.5-oz. can unsweetened coconut milk
- 1 cup water

Heat 1 Tbsp. oil in a large heavy pot or Dutch oven over medium-high heat. Add carrots, apple, onion, chopped leek, garlic, and ginger, season with salt and pepper, and cook, stirring often, until vegetables are beginning to soften, 5–7 minutes. Add broth, coconut milk, and 1 cup water. Bring to a boil, reduce heat, and simmer until vegetables are very tender, 20–25 minutes; let cool. Working in batches, puree soup in a blender until smooth (you can also use an immersion blender instead.

For Serving--optional toppings:

- Thinly slice 1 medium leek (light green and white parts only). Heat 2 Tbsp. coconut oil in a small skillet over medium-high heat. Add sliced leek and cook, stirring often, until golden and crisp, about 5 minutes. Transfer to paper towels to drain; season with salt. Top each bowl with fried leeks for serving.

- Add a spoon full of prepared Harissa sauce

- Sprinkle with pomegranate seeds (don't recommend in combination with Harissa). These may sink but taste great with the soup.

Soup can be served hot or chilled and can be frozen for 6 months.