

A close-up photograph of a bowl of vibrant orange carrot soup. The soup is garnished with fresh green cilantro leaves and several dark green pumpkin seeds. A hand is visible at the bottom left, holding the bowl. The background is a solid orange color.

Creamy Carrot Ginger Soup

Ingredients

- 1 tablespoon oil of your choice
- 2 lbs./6 cups carrots, scrubbed, peeled (if you like) and chopped
- 2 cups white or yellow onion, diced (~1 large onion)
- 1 tablespoon minced fresh ginger
- 3 cloves garlic, minced
- 3/4 -1 teaspoon salt
- 1/4 teaspoon red pepper flakes (optional)
- 4 cups veggie or chicken broth
- 1 14-oz. can light coconut milk

Sweet and spicy seed topping (optional)

- 1/4 cup pumpkin seeds (pepitas)
- 2 tablespoons sunflower seeds (or sub extra pumpkin seeds)
- 2 teaspoons maple syrup
- 1 teaspoon curry powder
- 1/8-1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

Instructions

- Add the oil, onions, and carrots to a large pot and set over medium heat. Cook, stirring occasionally, until the onions are translucent and the carrots are starting to soften, about 5-7 minutes.
- Add the ginger, garlic, salt, and optional pepper flakes. Cook for another minute, stirring occasionally, until fragrant.
- Add the broth and bring soup to a simmer. Once simmering, cover the pot and turn heat to low. Simmer for 15 minutes, stirring occasionally, until everything is very tender.
- Optional: meanwhile, prepare the seed topping by heating your oven to 350. Mix all topping ingredients and spread evenly onto a parchment-lined baking sheet. You want them to be even and still touching, Bake 10-12 minutes and let cool on sheet. Break into clumps.
- When carrots are tender, turn off heat and add coconut milk. Blend using immersion or traditional blender, check seasoning, and serve topped with seed mixture.

Adapted from Minimalist Baker