

# Healthy Ginger Carrot Soup

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This recipe is amazing because it tastes BETTER than the usual carrot soup with dairy. And the thai red chili paste can add a kick or add HOT depending on your preference. You can even put it on the table for those who love spicy to add a bit more. The secret in addition to the red chili paste is coconut milk. This soup is amazing!

This is almost identical to the recipe in [The Ultrametabolism Cookbook](#) by Dr. Mark Hyman. Like I said previously, that book is one of my most used cookbooks.

## Ingredients:

- 2 tablespoons coconut oil or light sesame oil (don't use toasted sesame, the flavor is too strong)
- 1 large onion, diced
- 1 clove garlic, minced
- 2 tablespoons minced fresh ginger
- 2 pounds diced carrots – don't fret the size, you're going to blenderize it anyway
- 4 cups chicken broth or vegetable broth if you're vegan/vegetarian
- 1 cup light coconut milk (canned)
- ¼ to 1 teaspoon Thai Red Chili Paste, like Thai Kitchen or Dynasty brands (comes in a jar, a little goes a LONG way) – start with small amount, you can always add more!
- 1 teaspoon lime juice
- Salt and fresh cracked pepper to taste
- Cilantro for garnish (optional)

## Directions:

1. Heat coconut or sesame oil in a heavy saucepan or soup pot over medium high heat. Add onion and cook until translucent, about 5 minutes. Turn down the heat a bit and add garlic, and ginger and cook until another minute. (garlic gets funky if you overcook it on high heat, so watch it, it should be soft, not fried).
2. Add carrots, broth, coconut milk and chili paste. Bring to a boil, reduce heat and simmer for 20-25 minutes or until carrots are fork tender.
3. Remove from heat. Puree soup —  
I use an immersion blender, it works wonderfully, but you can also, once it cools a bit, do small batches in a blender (careful! hot liquids can explode a blender, just ask my husband!).
4. Just before serving, stir in lime juice, salt and pepper. Add cilantro or parsley and serve.



This makes a wonderful lunch with salad, or a great first course for a dinner.