Carrot Coconut Soup with Turmeric

4 servings   Gluten Free, Dairy Free, Vegan, Paleo

2 Tb coconut oil
1 large onion, peeled and roughly chopped
6 cups scrubbed, unpeeled carrots, roughly chopped (about 1½ pounds)
4 cups chicken or vegetable broth
14-ounce can full-fat coconut milk (save ¼ cup for garnish)
1 1/2 Tb fresh ginger, peeled and chopped
2 Tb fresh turmeric, peeled and chopped or 1 ½ tsp ground turmeric
1 Tb curry powder
¼ tsp black pepper (black pepper helps the body absorb the turmeric)
¼ - ½ tsp Celtic sea salt
Garnishes: Coconut milk, fresh cilantro

- Heat the coconut oil in a large soup pot over medium-low heat, and add the onions.
- Cook the onions for about 7 minutes, stirring occasionally.
- Add the carrots, stir and cook for another 5 minutes.
- Add the ginger, turmeric, curry powder, and pepper.
- Sauté 2 minutes to warm the spices
- Add stock. Bring to a boil, and then reduce the heat to a simmer.
- Cover and cook until the carrots are softened, 10 to 15 minutes.
- When carrots are soft, blend the soup in a blender with the coconut milk or use an immersion hand blender and puree until smooth. Save ¼ cup of the coconut milk for garnish.
- Add salt to taste.
- Garnish with a swirl of coconut milk, and a sprig of fresh cilantro.

TIP: To peel ginger and turmeric, scrape it with the edge of a spoon instead of peeling it with a knife or peeler. The skin comes off easily this way.