**Carrot-Ginger-Coconut Soup**

**Ingredients:**

3 Tbsp. butter

3 cloves garlic, minced

1 ½ oz. ginger, minced

2 cup onions, roughly chopped

6 cups carrots, julienned

3 cups chicken stock

Salt and pepper to taste

1 can coconut milk, shake well

**INSTRUCTIONS**

1. In a large pot, heat butter over medium heat.
2. Add the ginger and garlic and cook until it is fragrant; about 1 minute. Make sure the garlic does not brown.
3. Add the onions and cook until translucent; about 6 minutes. Season with salt and pepper.
4. Add the carrots and cook for another 2 minutes.
5. Pour in chicken stock. Make sure the carrots are covered, if they are not, add more until they are.
6. Cover with a lid and bring to a boil. Turn down to medium low and cook for 20-25 minutes, or until the carrots are very tender, almost mushy.
7. Remove the soup from the stove. Using the immersion blender, blend the soup up until it is smooth.
8. Add ½ of the coconut milk.
9. Adjust seasonings and consistency to your group’s liking. If it is too thick, or you would like more coconut flavor, add the other half of the coconut milk.