

Moroccan Carrot Soup

Take a regular carrot soup and add some Moroccan spice to it! This soup is super easy to make and delicious to eat!

Preparation Time: 15 min.

Cook Time: 20-30 min.

Servings: 6 - 8

Amount	Ingredient	Cost - date:
1	Red Pepper, chopped	
2 cups (500 ml)	Carrots, chopped	
1/2 cup (125 ml)	Vidalia Onion	
2 cloves	Garlic, minced	
1 Tbsp (15 ml)	Extra Virgin Olive Oil	
2 cups (500 ml)	Chicken Stock	
1 can	Coconut Milk (lite or regular)	
1 Tbsp (15 ml)	Honey	
1/2 tsp (2.5 ml)	Ground Cinnamon	
2 Tbsp (30 ml)	Ground Coriander	
1/2 tsp (2.5 ml)	Ground Ginger	
1/2 tsp (2.5 ml)	Turmeric	
To Taste:	Salt and Pepper	
Optional Garnish:	Chopped Cilantro	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Heat olive oil in a soup pot. Add the onions, garlic, red pepper and carrot. Cook until tender, about 5 minutes.
2. Add spices and enough of the broth to cover the vegetable mixture. Bring to a boil and cook for 3-5 minutes.
3. Remove the mixture from the pot and place into a blender (OR use an immersion blender). Puree until smooth. Return to the pot and add the remaining broth, coconut milk and honey.
4. Reduce heat and simmer for 20-30 minutes. Add salt and pepper to taste. Serve with a little cilantro.

SOURCE: PC Cooking School

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!

“Give us this day our daily bread.” Matthew 6:11