



Hot Bowl of AWESOME!

COCONUT CURRY SOUP

INGREDIENTS:

- 1 large head of broccoli, stems and florets
- 1 very large carrot - medium dice
- 1/2 red onion - medium dice
- 3-4 stalks of celery - ORGANIC - one of the dirty dozen!
- 2 red potatoes - peeled and medium diced
- Very Large handful of cherry tomatoes, or the equivalent in any other raw tomato

DIRECTIONS:

For all of the above - STEAM until fork tender. ** wait to throw the tomatoes in until right before the other veggies are ready.

In a blender, or Vitamix - or can be done with a hand blender - **ADD the additional ingredients:**

- 2 Tablespoons freshly grated ginger
- 1/2 Tablespoon chopped garlic
- *1/2 Tablespoon hot chili sauce*
- 1 Tablespoon curry powder*
- 2 -3 Tablespoons Thai Fish Sauce
- 1 Tablespoon Honey
- 1 Can Organic Coconut milk - NOT LITE!*
- 3 -4 Tablespoons fresh Lime Juice
- 2 -3 Tablespoons chopped fresh Cilantro
- 1 -2 cups of Chicken or Veggie stock - depending on how thick you like your soup.

Put it all in your blender and blend until it reaches the desired consistency you like. Or blend with a hand blender.

** These seasonings are in the proportion that I used. You may want to adjust them based on your personal preferences. For me, it was a good balance of heat, and zing. Best to add less, and put more in if you are unsure.