

Sweet and Spicy Carrot Soup

The combination of carrots, Fresno chili, brown sugar, fresh ginger, and green onions give this soup a sweet and spicy flavor.
Serves 4 (serving size: about 1 cup)

Ingredients

- 1 tablespoon olive oil
- 1/3 cup sliced green onions
- 3/4 pound (1/2-inch-thick) slices carrot
- 2 teaspoons minced peeled fresh ginger
- 2 teaspoons chopped Fresno chile
- 1 1/2 cups unsalted chicken stock
- 1 1/2 cups water
- stems from 1 bunch cilantro, tied with kitchen twine
- 1/2 cup light coconut milk
- 1 tablespoon brown sugar
- 1 1/2 teaspoons fresh lime juice
- 1/4 teaspoon kosher salt
- Sliced Fresno chile
- Sliced green onions



Method

1. Heat olive oil in a saucepan over medium heat.
2. Add 1/3 cup sliced green onions; cook 3 minutes.
3. Stir in carrot, ginger, and 2 teaspoons chopped Fresno chile; cook 2 minutes.
4. Add chicken stock, water, and cilantro stems to pan; simmer 30 minutes or until carrots are soft.
5. Cool 10 minutes; discard cilantro stems.
6. Combine carrot mixture, coconut milk, brown sugar, lime juice, and salt in a blender; process until smooth.
7. Return to pan; heat over medium-low until warm.
8. Serve with sliced Fresno chile and sliced green onions.

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