

CARROT DILL SOUP

Makes 12 cups (I like to double the recipe and freeze in two serving size freezer bags)

2 lbs of carrots cleaned and sliced
1 tbs vegetable oil
3-4 cloves garlic
2 cups chopped onion
7 cups vegetable broth
1 can coconut milk
2-3 tbs dry dill (use fresh if possible)
2-3 tbs chopped chives

In a large pot sauté the garlic and onion till soft. Add carrots and vegetable broth. Bring to a boil and then reduce and simmer till carrots are tender.

In small batches puree the carrot soup and return to the pot. Be careful of the steam or wait 20 minutes or so for the soup to cool before pureeing. Add coconut milk, dill and chives adjusting the dill and chives to taste. Salt and pepper to taste. Cook just until heated through.

Alternate – use curry 1-2 tbs curry powder instead of the dill and chives

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