THE J.M. SMUCKER Co

Carrot Thai Soup

Prep Time	Cook Time	Serves	Difficulty
12 mins	15 mins	6	N/A

Ingredients

- 1 bag (600 g) frozen carrots
- 2 tbsp (30 mL) Canola or Vegetable Oil
- 1 chopped onion
- 1 tbsp (15 mL) chopped fresh ginger
- 1 tsp (5 mL) red curry paste or curry powder (or more)
- 4 cups (1 L) chicken or vegetable stock
- 1 cup (250 mL) **Carnation®** 2% Evaporated Partly Skimmed Milk

  2% Evaporated Partly Skimmed Milk

- 2 tbsp (30 mL) fish sauce or soy sauce
- pinch salt
- 2 tbsp (30 mL) lime juice
- 2 tbsp (30 mL) chopped fresh cilantro
- 1 green onion, chopped

Directions

Step 1:

In a large saucepan, heat oil over medium heat. Add onion and ginger and cook for 2 minutes until softened. Stir in curry paste and cook, stirring for 30 seconds.

Step 2:

Add stock and carrots. Bring to a boil. Reduce heat to medium-low. Cover and cook for 10 minutes or until carrots are tender. Remove from heat and puree soup in batches in blender or food processor.

Step 3:

Return to heat. Stir in milk, fish sauce and salt to taste. Stir in lime juice just before serving. Garnish with cilantro and green onion.

For a spicier soup, increase amount of curry paste or serve hot pepper sauce as an accompaniment.

Images

