



NSK Slow Cooker Caribbean Carrot Soup

4 servings

5 hours

Ingredients

8 Carrot (medium, chopped)
2 Yellow Potato (medium, chopped)
6 stalks Green Onion (green parts only)
2 tsps Dried Thyme
1 1/2 tsps Ground Ginger
1 tsp Ground Allspice
1 tsp Sea Salt
1/2 tsp Black Pepper
1/2 tsp Cumin (ground)
1/4 tsp Nutmeg (ground)
4 cups Organic Broth (bone broth or veggie broth)
2 tbsps Maple Syrup
1 Lime (juiced)
1 cup Organic Coconut Milk (full fat, from the can)
1/4 cup Cilantro (optional, chopped)

Directions

- 1 Add carrots, potato, green onion tops, thyme, ginger, allspice, sea salt, cumin, nutmeg, vegetable broth and maple syrup to the slow cooker and stir to combine. Cook on high for 4 hours, or on low for 6 to 8 hours.
- 2 Use a handheld immersion blender to blend the soup until smooth and creamy. Add more broth or water if needed to achieve desired consistency. Stir in lime juice and coconut milk.
- 3 Divide into bowls and garnish with cilantro (optional) and any leftover green onion. Enjoy!

Notes

No Slow Cooker, Make it on the stovetop instead. Add all ingredients to a pot and simmer on medium-low for 30 minutes, or until carrots and potatoes are tender.

No Immersion Blender, Use a regular blender instead. Be careful and always leave room for the steam to escape.

Likes it Spicy, Add a chopped jalapeno pepper.

Foods that Heal, Carrots boost bile production, which increases the body's ability to digest fat and lead to smoother digestion.