

Slow Cooker Caribbean Carrot Soup

4 SERVINGS 5 HOURS



INGREDIENTS

8 Carrot (medium, chopped)
6 stalks Green Onion (green parts only)
2 tsps Dried Thyme
1 1/2 tsps Ground Ginger
1 tsp Ground Allspice
3/4 tsp Sea Salt
1/2 tsp Black Pepper
1/2 tsp Cumin (ground)
1/4 tsp Nutmeg (ground)
4 cups Vegetable Broth
1 Lime (juiced)
1 cup Canned Coconut Milk (full fat)
1/4 cup Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	182	Iron	2mg
Fat	11g	Vitamin D	0IU
Carbs	19g	Folate	32µg
Fiber	4g	Magnesium	26mg
Protein	3g	Zinc	0mg
Vitamin C	15mg		

DIRECTIONS

- 01 Add carrots, green onion tops, thyme, ginger, allspice, sea salt, cumin, nutmeg and vegetable broth to the slow cooker and stir to combine. Cook on high for 4 hours, or on low for 6 to 8 hours.
- 02 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 coconut milk.
- 03 Divide into bowls and garnish with cilantro (optional) and any leftover green onion. Enjoy!

NOTES

RECIPE ID 636

SERVING SIZE

One serving is equal to approximately two cups of soup.

NO SLOW COOKER

Make it on the stovetop instead. Add all ingredients to a pot and simmer on medium-low for 60 minutes, or until carrots are soft.

NO IMMERSION BLENDER

Use a regular blender instead. Be careful and always leave room for the steam to escape.