

DAY 2: CARROT GINGER SOUP



YIELDS

4 Servings



TIME

45 min

INGREDIENTS

- 1 tbsp Coconut Oil or other fat
- 1 medium Yellow Onion, diced
- 1 clove Garlic, minced
- 1 tbsp freshly grated Ginger (or 1 tsp dried Ginger)
- 1.5 lb Carrots, peeled and roughly chopped (you can also use baby carrots)
- 3 cups Chicken or Vegetable Stock
- 1 cup Coconut Milk
- Sea Salt to Taste



DIRECTIONS

Melt the coconut oil in a large saucepan or stockpot over medium heat. Add the onions, garlic, and ginger and cook, stirring occasionally, for about 10 minutes or until the onion is translucent.

Add the carrots and stock, bring to a boil, and then reduce the heat to a simmer. Cover and cook for 30 minutes, until the carrots are tender and easily pierced with a fork.

Add the coconut milk and a pinch of sea salt, then use an immersion blender or regular blender to puree the soup until smooth. Taste and add more salt if necessary.

M *Make ahead:*

Refrigerate for up to a week, or freeze in 1.5-2 cup portions in quart-sized freezer bags and lay flat in your freezer. Reheat on the stove or in the microwave.

S *Substitutions:*

You can either buy large carrots and then dice them, or to make it easier, use baby carrots.

This recipe also calls for coconut milk to add creaminess to the soup, but if you are unable to have coconut you can use a milk of choice. If you're on Core AIP, either make Tigernut Milk ([see the recipe here](#)) or just use additional broth instead)

Can't have or don't like carrots? You can replace them with an equivalent amount of sweet potato, squash, or pumpkin. Peel and dice the sweet potato or squash and cook like the carrots in the recipe above.

You can also use a can of already cooked and pureed pumpkin and skip the whole simmering for 30-minutes step. Just throw it in with the cooked onions and then move on to the adding of milk step.