Coconut, Carrot, and Chickpea Soup

Recipe Source: www.wholefoodsmarket.com

Ingredients:

1 Tbsp coconut oil
1 medium yellow onion, chopped
2 cloves garlic, minced
½ tsp curry powder
½ tsp ground cumin
¼ tsp ground ginger
1 ½ lbs carrots, coarsely chopped
1 (15 oz) can no-salt-added garbanzo beans (chickpeas), rinsed and drained
4 cups low-sodium vegetable broth
½ cup canned light coconut milk
¾ tsp fine sea salt

Steps:

- In a large saucepot, heat coconut oil over medium heat until melted. Add onion and cook about 5 minutes or until tender, stirring occasionally.
- Add garlic, curry powder, cumin, and ginger and cook 1 minute, stirring constantly to prevent burning.
- Stir in carrots, beans, and broth. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer 15-20 minutes or until carrots and beans are very tender.
- Stir in coconut milk. Use an immersion blender to puree soup then stir in salt. Alternatively, let the soup cool slightly and carefully puree in batches in a traditional blender.

Tips from the Test Kitchen: Garnishes could include chopped cilantro, chopped unsalted roasted peanuts, and/or toasted unsweetened coconut flakes.

Nutritional Facts (per serving): Calories: 192, Carbohydrates: 26 grams, Protein: 6 grams, Total Fat: 8 grams, Saturated Fat: 6 grams, Cholesterol: 0 mg, Sodium: 1025 mg, Fiber: 7 grams, Total Sugars: 7 grams.