ThaiInspired Vegetable Soup

Jacob · 30/09/2024



Prep Time

50 mins

Dificult

Medium

Servings

5

Description

A great soup to make from summer vegetables with a hint of coconut and curry

Ingredients

— - ¼ cup butter - 6 tomatoes

— peeled and quartered - 3 zucchini

— cut into chunks - 1 yellow onion

— cut in half and quartered - 1 red bell pepper

— chopped - 3 cloves garlic

— roughly chopped - ¼ cup chopped fresh cilantro leaves - 1 tablespoon chopped fresh basil (preferably Thai basil) - 1 tablespoon lime juice - 1 pinch salt - 2 ½ cups milk - 3 tablespoons coconut butter - 1 tablespoon curry powder - ¼ teaspoon ground turmeric - ¼ teaspoon ground ginger - ? teaspoon ground cumin - 1 bay leaf - 5 tablespoons heavy whipping cream (Optional)

Instructions

1. Melt butter in a large pot over medium-low heat; add tomatoes
2. zucchini
3. onion
4. red bell pepper
5. garlic
6. cilantro
7. basil
8. lime juice
9. and salt. Cover and cook until vegetables are slightly tender
10. about 25 minutes. Transfer vegetable mixture to a blender or food processor; blend until smooth. Place milk
11. coconut butter
12. curry powder
13. turmeric
14. ginger
15. cumin
16. and bay leaf in the same large pot; cook and stir over medium-low heat until coconut butter is completely melted
17. 5 to 10 minutes. Add pureed vegetables to the milk mixture; cook until heated through
18. about 5 minutes. Garnish each serving with about 1 tablespoon heavy cream.