

East-West Carrot Soup

Herbert Pryke

RCSS Cooking School



Just enough spice laces this creamed-style soup to make it truly reminiscent of the East.

Servings: 6

(Shown here garnished with basil leaves and shredded spicy pork...)

- 3 tbsps canola oil*
- 1 lb carrots, chopped*
- 1 med onion, chopped*
- 1 tbsp red curry paste*
- 2 garlic cloves, peeled*
- 2 tsps fresh ginger root, grated*
- 2 tsps chicken broth, or vegetable broth*
- 6 ozs tofu, silken*
- salt and pepper*
- fresh basil leaves, for garnish (or use green onions)*

Per Serving (excluding unknown items): 120 Calories; 8g Fat (59.7% calories from fat); 3g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

In medium saucepan, heat oil and sauté carrots and onions 3-4 minutes until lightly coloured.

Add red curry paste, garlic, and ginger and cook until fragrant.

Add broth and bring to boil over medium-high heat. Cover, reduce to low heat and simmer 15 to 20 minutes, until carrots are tender.

Add tofu to saucepan and purée in pot using an immersion hand blender (or in batches in blender) until smooth.

Garnish with basil and serve.