

Creamy Carrot Soup (Crock Pot)

If the soup is too thick after adding the canned coconut milk, thin with small amounts of stock or a bit more coconut milk, as desired.

Creamy Carrot Soup

Prep Time		Cook Time		Crock Pot Size
5-10 Minutes		High: 3.5-4 hours		6 Quart
		Low: 7-8 Hours		
Amount		Ingredient		
3	lbs	Carrots	Peeled and chopped	
2		Onions	Peeled and chopped	
2	medium	Sweet Potatoes	Peeled and chopped	
2	Tbsp	Olive Oil		
2	Cloves	Garlic	Peeled and very finely chopped	
1/2	Tsp	Dried Thyme		
1/2	Tsp	Dried Marjoram		
6	Cups	Chicken Stock		
1/4	Cups	Canned Coconut Milk		
2	Tbsp	Raw Honey		
1/2	Tsp	Freshly Grated Nutmeg	Extra if desired	
		Sea Salt	To taste	
		Fresh Ground Pepper	To taste	

Instructions

1. Combine the carrots, onions, sweet potatoes, olive oil, garlic, herbs and stock in the cooking dish of a 6 qt. Slow cooker. Cover and cook on High for 3.5-4 Hours on High or 7-8 Hours on Low until the vegetables are soft.
2. Puree in batches in a food processor or blender or with a hand-held stick (immersion) blender in the slow cooker. Stir in the coconut milk, honey and nutmeg, then season with salt and pepper to taste.