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## *Cold Carrot Soup*

*Serves 4*

### *Ingredients:*

- 1 cup shallots, diced (about 2 large shallots)
- 2 TBSP olive oil
- 2 tsp cumin
- 1 tsp pepper
- 3 cup carrots, peeled and thinly sliced
- 3 cups low-sodium chicken broth
- 1 (15oz) can unsweetened coconut milk
- 2 TBSP lime juice (from about 1 lime)
- 1 tsp lime zest

### *Preparation:*

1. In a large sauce pan, sauté the shallots, cumin, and pepper in the olive oil over low heat until shallots have softened.
2. Add carrots and broth. Increase heat and allow mixture to simmer for 25 minutes, or until carrots have softened.
3. Remove from heat and add coconut milk, lime juice and zest. Using an immersion blender, puree the mixture until very smooth.
4. Allow soup to chill in refrigerator overnight.
5. Serve Cold.



**Food Fairy Note:** This delicious soup is low sodium, and has only 132 calories per serving

Adapted from: <https://www.foodfairy.com>

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