

Curry Soup Base



Prep Time:
15 mins

Cook Time:
45 mins

Total Time:
1 hour

Servings:
2-3

Ingredients

- 4 1/2 cups of your choice fresh diced veggies
- 1 can unsweetened coconut milk
- 2 teaspoons choice curry paste
- 2 Turkish bay leaves
- 1/4 teaspoon fresh minced ginger (or ginger paste)
- 2 cloves fresh minced garlic (or 2 teaspoons garlic powder)
- 1/4 finely diced fresh onion (or 2 teaspoons onion powder)
- 1 teaspoon turmeric
- 2 tablespoons curry powder
- 1/4 teaspoon thyme
- 1/4 teaspoon rosemary leaves
- 2 1/2 cups your choice broth (chicken, beef, coconut, veggie, or other)
- 1/4 cup lemon juice
- 1 tablespoon coconut aminos
- Drizzle of olive oil
- Salt and pepper to taste

Instructions

1. Combine all the ingredients together in a medium to large pot and mix well.
2. To begin, cook on high heat until liquid starts to boil.
3. Once boiling, cover and lower heat to medium low. Let cook until veggies are soft.
4. The longer it slow cooks the creamier it gets.
5. Serve and enjoy!