



Carrot Soup with Harissa and Coconut

Ingredients:

2 tablespoons vegetable oil
1 medium onion, chopped
2 medium cloves garlic, chopped
1-1/2 pounds carrots, peeled and sliced
4 cups vegetable stock
6 whole cloves
1-1/2 teaspoons Harissa*
1 cup coconut milk
salt to taste
toasted coconut for garnish, optional

Directions:

Heat the vegetable oil in a saucepan over medium heat.
Add the onion and cook for 2-3 minutes.
Add the garlic and carrots and cook briefly.
Add the stock and cloves, bring to a boil, lower the heat, cover the pan partially and cook for 25 minutes or until the carrots are soft. Remove the cloves.
Puree the soup in a food processor or blender (or use a hand blender).
Return the soup to the pan. Whisk in the Harissa.
Stir in the coconut milk. Bring the soup to a simmer. Cook for 10 minutes.
Taste for seasoning and add salt to taste.
Serve garnished with toasted coconut if desired.