

Curry Up and Soup

Prep Time: 30 Minutes | Cook Time: 45 Minutes



Directions

- Heat olive oil in a large pot over medium heat. Add onion, celery, carrots, and jalapeños and cook until tender, about 8 minutes.
- Add ginger and garlic and cook 1 minute more. Stir in curry powder and garam masala until fragrant.
- Stir in vegetable stock, coconut milk, and salt.
- Add cilantro, mushrooms, eggplant, broccoli, bell pepper, zucchini, coconut aminos, and sugar. Simmer until vegetables are tender, about 25 minutes.
- Adjust salt to taste, garnish with cilantro, and serve warm.

Ingredients

- 4 tablespoons extra-virgin olive oil
- 2 medium yellow onions, diced
- 6 ribs celery, diced
- 4 medium carrots, peeled and diced
- 2 jalapeños, seeded and minced
- 2 teaspoons grated fresh ginger
- 4 garlic cloves, minced
- 4 tablespoons yellow curry powder
- 2 tablespoons garam masala
- 8 cups vegetable stock
- 4 (13.5-ounce) cans full-fat coconut milk
- 2 teaspoons sea salt, plus more to taste
- 4 tablespoons chopped fresh cilantro, plus more for garnish
- 16 ounces cremini mushrooms, quartered
- 2 small eggplants, cut into 1-inch pieces
- 4 cups broccoli florets
- 2 red bell peppers, diced
- 2 small zucchini, diced
- 4 tablespoons coconut aminos or soy sauce
- 4 teaspoons sugar (optional)

Toppers/Sides

- Edamame
- Chickpeas
- Blueberry sourdough bread

Notes

