

THAI CARROT AND SWEET POTATO SOUP WITH TAMARI-ROASTED ALMONDS

(adapted from [cookieandkate](#))

2 tablespoons olive oil
3 ribs celery, diced
1 tablespoon minced fresh ginger
1 tablespoon red curry paste
4 cups low-sodium vegetable broth
¼ cup raw almond butter
3 cups diced peeled carrots
3 cups diced peeled sweet potatoes
1 teaspoon fine-grain sea salt
Freshly ground black pepper
1/2 cup raw almonds, finely chopped
1 heaping tablespoon tamari
Fresh lime juice

Make the roasted almonds. Heat oven to 325F. Mix almonds with tamari, spread over a small baking sheet covered with aluminum foil. Roast for 10 to 12 minutes, until fragrant and starting to get some color. Reserve.

To make the soup: In a large pot, heat the olive oil over medium heat. Add the celery and ginger and sauté for a couple of minutes, until fragrant. Stir in the curry paste. In a small bowl, whisk together some of the broth with the almond butter until smooth. Add the mixture to the pot, along with the carrots, sweet potatoes, salt, and remaining vegetable broth. Stir until combined.

Bring the soup to a simmer and cook for 20 minutes, until the vegetables are fork-tender. Transfer the soup to a blender (a Vitamix would be awesome here), and blend in batches until super smooth. If too thick, add more vegetable broth or water. Transfer the soup back to the pot and reheat if necessary.

Serve the soup with some almonds on top and squeeze a little fresh lime.