

## COCONUT MILK SOUP

Makes 6 quarts – enough for 6 servings.

Keeps well in the refrigerator, or can be frozen and reheated at another time.

3 tbs. coconut oil  
1 tbs. chopped garlic  
3-4 tbs. curry powder

In a large pot, heat the oil. Add the other ingredients and sauté about 5 minutes.

1 cup chopped onion  
2 tbs. chopped ginger root

6 cups of a variety of the following:

broccoli florets  
carrots, cut in ½" slices  
celery, cut in 2" chunks  
cabbage, cut in 2" chunks

Stir into the pot and stir until coated with the spice mixture. Sauté for a couple of minutes

green beans, cut in 2" pieces  
green onions, cut in ½" pieces  
greens, chopped or snipped with scissors

If using as a main dish, you will want to include up to 2 cups of cubed potatoes or sweet potatoes – with the skins left on – as part of your 6 cups of vegetables.

Add 5 cans (70 ounces) of coconut milk. (Recommended!)

OR...Add 70 ounces of a mixture of coconut milk and chicken or vegetable broth.

Add 1 ½ pounds of protein; use one or a variety of, the following:

Fish, cubed  
Shrimp (add frozen, it works fine)  
Scallops (add frozen, it works fine)  
Turkey, cubed  
Chicken, cubed  
Pork loin, cubed  
Beef, cubed

Add ¼ cup fresh basil, minced, or 1 tablespoon, dried basil. Stir until all the flavors are incorporated. Simmer until the protein is cooked through. This will take about 20 minutes for thawed seafood, or 30 minutes for meat, poultry or frozen seafood.