**Thick, Creamy, Smooth Carrot and Sweet Potato Soup (GF, V)**

Serves: 4  
**Ingredients**

\* 1 Onion  
\* 3 Cloves Garlic  
\* 2 Tbsp Thai Red Curry Paste  
\* 1 Tbsp Coconut Oil  
\* 8 Large Carrots  
\* 4 Small Sweet Potatoes (or 2 Medium)  
\* 4 cups Vegetable Stock  
\* 1 14oz can Coconut Milk

**Method**

1. Peel and slice the onion and crush the garlic. Add to a pot with the coconut oil and red curry paste and fry together.  
2. Add carrots and sweet potatoes and sauté for a minute just to blend the flavors.  
3. Add the vegetable stock.  
4. Bring to the boil and then cover and simmer for around 30 minutes until soft and cooked.  
5. Blend with an immersion blender and then add the coconut milk, while stirring on medium heat until well mixed.