

# Thai Coconut Corn Soup

## INGREDIENTS

SERVES 6-8

2 TBSP COCONUT OIL  
1/2 LARGE ONION, DICED  
1 RED BELL PEPPER, DICED  
2 GARLIC CLOVES, MINCED  
1 MEDIUM POTATO, DICED  
1/2-1 FRESH JALAPENO, MINCED  
4 CUPS FRESH OR FROZEN CORN  
14-OZ FULL-FAT COCONUT MILK  
3 CUPS WATER  
2 TBSP RED THAI CURRY PASTE\*  
SALT AND PEPPER TO TASTE  
2-3 TSP FRESH GINGER, GRATED  
ZEST OF ONE LIME  
JUICE OF ONE LIME

## TOPPINGS (OPTIONAL)

FRESH CILANTRO, CHOPPED  
FRESH BASIL, CHOPPED  
UNSWEETENED COCONUT FLAKES  
PICKLED JALAPENOS SLICES



NOTES: IF YOU WANT TO ADD MORE PROTEIN TO THIS RECIPE ADD 2 CUPS SHREDDED CHICKEN OR 1-2 CUPS GRILLED AND CHOPPED SHRIMP AFTER BLENDING AND BEFORE SERVING.

## COOKING METHOD

1. Heat the coconut oil in a large stock pot over medium-high heat. Add the onion, garlic, bell pepper, potato, corn and jalapeno. Sauté for about 10 minutes until all vegetables are tender.
2. Stir in the coconut milk, water and red Thai curry paste. Bring to a boil and reduce heat. Simmer until vegetables are soft, about 10-15 minutes. Add salt and pepper to taste and grated ginger.
3. Take soup off of heat and allow to cool for about 20-30 minutes. Use either an immersion blender or, working in batches, transfer soup to a high-speed blender and puree until smooth. Whichever method you use, remember the soup is hot. If using the blender take the pour spout off to release the steam.
4. Return the pureed soup to the pot and gently reheat. Stir in the zest and juice of lime. Taste and adjust seasonings to taste. If you are adding protein to the soup add at this time.
5. To serve, ladle soup into bowls and garnish with whatever combination of toppings you prefer. Enjoy!