



# Make LUNCH. Make CHANGE.

Make your lunch for one week and donate the money you saved to The Stop Community Food Centre.

## Recipe: *Carrot Soup with Coconut & Lime*

### Ingredients:

- 2 tbs butter or olive oil
- 2 lbs carrots, peeled and chopped
- 1 onion, chopped
- Salt to taste
- 4 cups chicken or vegetable broth
- 1 can unsweetened coconut milk

### To Serve:

- Sriracha, lime wedges, and fresh cilantro

### Tip:

Plan - and cook - ahead. Not just the night before, but if you have a free weekend, make a few soups or a lasagne. Batch cooking is your friend for organized lunches. Freeze in individual containers, and just thaw in the fridge the night before you need them! This soup would make a lovely winter lunch, with some fresh bread or crackers for dipping.

### Directions:

1. Melt butter or oil in large pot. Add carrots and onions, season with salt, and cook, stirring often, until carrots are slightly soft.
2. Add chicken or vegetable broth and coconut milk, and simmer until carrots are very soft, 30-40 minutes. Puree in batches in a blender, or use an immersion blender. Add salt or sriracha to taste.
3. Serve with lime wedges, and fresh cilantro leaves if you're feeling fancy.

Makes 6-8 servings



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