

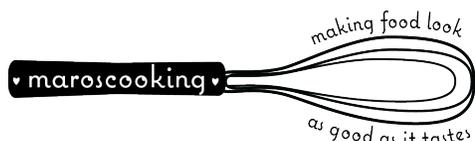
# Roasted Carrot-Ginger Coconut Soup with Curried Turkey Meatballs

## For the Carrot Soup:

- 3 lb carrots, peeled
- 1 sweet onion, chopped
- 4 cloves garlic
- 1½ inches peeled fresh ginger, diced
- 1 quart vegetable stock or chicken stock
- 1 can coconut milk ( I use whole, but you can use lite)
- 3 tsp sweet curry
- 1 tsp turmeric
- 1 teaspoon smoked paprika
- Kosher Salt and pepper to taste
- Lowry's garlic salt
- 1 small bunch mint, chiffonade
- Olive oil for roasting carrots
- 2 tbsp butter
- Heavy cream for garnish, thinly sliced Fresno chiles (optional)

## For the Turkey Meatballs:

- 1 lb ground turkey
- ½ red onion minced
- 3 cloves minced garlic
- 1 tablespoon fresh, minced ginger root
- ¼ cup finely grated Granny Smith Apple
- ¼ cup finely chopped fresh cilantro
- 1 tablespoon chopped mint
- 1 egg lightly beaten
- 1 cup panko
- 2 teaspoons ground coriander
- 3 teaspoons curry
- 3 teaspoons turmeric
- ½] teaspoon ground cloves
- ½ teaspoon cardomom
- ½ teaspoon cinnamon
- Kosher salt and pepper to taste



## For soup:

Preheat oven to 400°. Drizzle olive oil over prepared carrots and coat evenly. Season with garlic, salt, and fresh cracked pepper. Roast for about 45 minutes turning once or twice as they are tender and caramelize and develop a golden color. Meanwhile, in a large quart pot, melt butter and sauté the onion, ginger, and garlic on medium heat until coated and tender. Add roasted carrots until blended and then add chicken stock. Bring to a boil, cover, and reduce heat to simmer for about 20 minutes adding spices. When all veggies are tender, use an immersion blender to purée the soup or use a processor to purée soup in batches. Add coconut milk and blend thoroughly. Adjust spices if you want more curry or turmeric. If necessary, you can thin soup with additional stock. It may thicken when you reheat, so adjust according to taste.

## For Turkey Meatballs:

Preheat oven to 400°. Combine all ingredients in a large mixing bowl and blend well with your hands so all ingredients are thoroughly incorporated. Take about 2 tablespoons of turkey and shape into meatballs. Place on a parchment lined baking sheet with a baking rack. Bake for about 25-30 minutes. Meatballs can be made ahead and reheated. Extras are wonderful in a sandwich or as appetizers.

## Assemble in a bowl:

Ladle soup into large bowls with three meatballs in the center. Drizzle cream around the meatballs, sprinkle with a chiffonade of mint and cilantro, sliced Fresno chilis and a sprinkle of crushed pepper flakes if desired. Serve with heated Naan.