

GARAM MASALA CARROT & WHITE BEAN SOUP

Cooking and pureeing vegetables is a delicious and simple way to pack vegetables and nutrients into your diet while making a creamy soup - without all the cream! Soups are great dishes to practice—and they'll keep your family feeling warm and cozy in winter! Add beans to your soups for a great dose of vegetable protein and make each bowl more filling.



Ingredients

- 1 onion
- 3 medium carrots
- 3 cloves of garlic
- 1 can navy beans
- 1 can coconut milk
- 1.5 tsp garam masala
- 1 demi baguette

From your pantry

- 1 tsp turmeric
- olive oil
- salt and pepper

Equipment:

- Large pot

PREPARATION: 10 MIN

COOKING: 25 MIN

READY IN: 35 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce.*

1. Wash and dry all produce. Remove ends and peel from **onion**; then medium dice. Mince or grate **garlic**. Remove ends and peel from carrots; then, medium dice. Open **navy bean** can and rinse gently.
2. Heat 1 tbsp oil in a large pot over medium heat. Add **onion** and sauté for 3-4 min until soft and translucent. Add **garlic, carrots, turmeric and garam masala**. Cook for 1-2 minutes. Season with a pinch of salt and pepper.
3. Add **navy beans, coconut milk and 2.5 cups of water (or broth if you have it)**. Simmer for 15-20 min until the carrots are soft and soup begins to thicken.
4. While the soup is cooking warm up the bread in the oven or toaster oven.
5. Puree using a blender or mash with a potato masher—it will be a chunkier but still delicious! Season to taste and simmer another 5 min until thick and incorporated.
6. Serve warm with baguette! Enjoy!

Tips, Tricks, and Terms

Garam masala - the "warm spice"

Garam masala is a spice blend used primarily in Indian cooking and usually consists of cumin, coriander, cardamom, cloves, some black pepper, cinnamon, and/or nutmeg although some varieties will have saffron, fennel, ginger, garlic, mustard seeds... many cooks have their special recipe! Garam masala adds warmth and a touch of heat to dishes and can also be sprinkled on a finished dish as a garnish. Try it in this [Garam Masala, Carrot, and White Bean Soup](#) and then find your favorite uses; with roasted veggies, in a meat or lentil curry dish, or other soups and stews.



To make your own, mix together:

- 1 Tablespoon coriander, cumin, cardamom, and black pepper
- 1/4 teaspoon nutmeg, cinnamon, and cloves

Store in airtight container.

A little about...

Turmeric: turmeric is the spice that gives curry powder its yellow color and is known for being PACKED with nutritional benefits including anti-inflammatory and antioxidant properties

Navy beans: a common variety of bean, navy beans are smaller white bean often used in baked beans and soups, eating beans has been shown to lower cholesterol and provide virtually fat-free high quality protein!



Open Hands Farm is a certified organic vegetable farm in Northfield, MN, committed to sharing the freshest, most nutritious produce possible. Erin and Ben are the farmers, and alongside their wonderful employees, they aim to grow food in the most ecologically and economically sustainable ways possible. Open Hands produce is distributed in a CSA program and also to larger institutions like Minneapolis Public Schools and neighboring colleges and food hubs. Thanks to Open Hands for their flavorful carrots and crunchy greens this season!

Visit openhandsfarm.com to learn more and follow

@openhandsfarmCSA

THANKS TO OUR
AMAZING GROUP OF
PARTNERS!

