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Recipe: Chilled Curry Beet and Apple Soup with Coconut Milk

By [Mary O'Hara, Registered Dietitian Nutritionist](#)

The kettles in our airy 10,000 square-foot kitchen simmer up an average of 4,000 soups each day. Imagine the aroma of celery, carrots, and onions wafting through the hallways to greet you on arrival to work every morning. Volunteers and staff alike at God's Love relish this daily gift for the senses. Our creative Chefs and Registered Dietitian Nutritionists develop new soup recipes throughout the year, recently adding potato leek with white bean, and lemony lentil quinoa to the menu. We are very excited to be rolling out these soups, aiming, as always, to satisfy our clients' palettes while keeping their nutritional needs at the forefront of our minds.

As the season cools down and the need for soup heats up, we thought we would spotlight a new favorite of our Senior Sous Chef Andre. Follow his lead and consider trying this Southeast-Asian-inspired chilled soup, in which sweet and savory flavors merge with the apple's tartness. It all comes together to produce a healthy late-summer/early-fall chilled treat. In the spirit of Southeast-Asian hospitality, we recommend you serve this soup family-style. If high cholesterol or weight is a personal concern, think cup versus bowl and/or blend in non-fat Greek yogurt as the finish.

Thank you for sharing, Chef Andre!

Chilled Coconut Curry Beet and Apple Soup

(Serves 4)

2 tablespoon coconut oil or neutral flavored oil (such as canola, grapeseed, avocado)
1 small onion, medium dice
1 tablespoon fresh ginger, minced
2 cloves garlic, minced
6 small or 3 large beets, peeled, medium dice
1 apple, Granny Smith or similar, peeled, cored, medium dice
1 tablespoon curry powder or Thai green curry paste
¼ teaspoon cinnamon
Salt and pepper, to taste

14 ounce can coconut milk
2 cups vegetable broth, store bought or house-made
1 tablespoon honey or maple syrup

To finish: Coconut milk, Full-fat Greek Yogurt or crème fraiche and fresh cilantro (optional)

- Heat oil in a soup pot over medium heat. Add onion, ginger and garlic, cook until fragrant.
- Add diced beets and apple along with the curry powder, cinnamon and salt and pepper. Continue to stir over a medium flame until spices awaken and ingredients are fully incorporated.
- Add coconut milk and vegetable broth. Bring to a boil over high heat, stirring. Once soup comes to a boil, drop flame to medium and gently simmer uncovered for approximately 20 minutes, or until all solids are tender and flavors have married. Stir occasionally.
- Carefully (as mixture will be hot) transfer soup to a blender to puree in small portions or use an immersion blender. Puree soup until smooth. Adjust seasonings if necessary.
- Transfer to a container and chill in the refrigerator or in an ice bath.
- To serve, pour soup into bowls and finish with a drizzle of coconut milk, or a dollop of Greek yogurt or crème fraiche. Garnish with fresh cilantro.

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