

Coconut Milk with Broccoli Soup Recipe

Ingredients:

Ginger Broth Concentrate w/Umami (3 ½ Tablespoons / 63 grams)

Water (2 ½ cups / 560ml)

All-purpose flour (3 Tablespoons / 25.5 grams)

Broccoli (1 cup, about ½ of broccoli head)

Yellow Onion (Medium x 1)

Carrot (Medium x 1)

Garbanzo Chick Peas (1 can / drained)

Canned Corn (1/2 can / drained)

Coconut Milk (1 can/400ml)

Instructions:

1. Wash and dry the vegetables, Slice the onion and carrot. Cut the broccoli head into florets. Drain the sweet corn and garbanzo beans. Combine ½ cup of cold water and 3 Tablespoons of flour. Mix well and set aside.
2. Fill a medium pot with 2-3 cups of water, Boil broccoli for 2 minutes. Drain and set aside.
3. In a saucepan, heat 2 teaspoons of cooking oil on medium high until hot. Add onion and carrot. Stirring occasionally for 3-4 minutes or until lightly browned.
4. Add 2 cups water, 3 ½ Tablespoons of concentrate and Garbanzo peas Bring it to boil and reduce heat to medium. Cover and Cook for 12-14 minutes.
5. Add corn, coconut milk and broccoli into the saucepan. Continue cooking medium heat until boil.
6. Turn off heat, Mix flour solution in a cup again and pour into the saucepan.
7. Put over medium heat for about 1-2 minutes to thicken. Stir thoroughly.
8. Turn off the heat