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| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | 1. To a large pot over medium heat, add oil. Once hot, add onion and sauté until translucent, about 3-5 minutes. 2. Add ginger, garlic, and carrots with a pinch of salt and pepper. Cook for another minute or so until fragrant, stirring to prevent garlic from burning. 3. Add potatoes, beets, rosemary, thyme, and optional cayenne pepper to pot. Stir and cook for another minute. 4. Stir in vegetable stock and salt. Bring to a boil, then reduce heat to medium low and cook at a gentle simmer for 30 minutes, or until beets are easily pierced with a sharp knife. 5. Add coconut milk, then with a high speed\* or immersion blender, carefully blend soup until creamy. Place back on heat and cook for 3-5 more minutes. If needed, add more vegetable broth or water to thin. 6. Remove pot from heat and add lemon juice. Taste and adjust, adding more salt, lemon juice or lemon zest if desired. 7. Top with more coconut milk or a dollop of creamy cashew vegan cheese sauce, chopped parsley, chili flakes, and more fresh cracked pepper. Serve with sourdough discard herbed crackers or a crusty loaf of no yeast bread. Enjoy! 8. Keeps well in the fridge about 1 week or 1 month in the freezer (leave 1″ headspace.) | | | |