

Carrot Soup

Prep Time **10 min**

Cook Time **25 min**

Makes **8 servings**

2 T oil or water

1 large onion chopped

2-3 cloves garlic crushed or minced

2 1/2 pounds carrots cut (about 6 cups) in large pieces

1 T grated fresh ginger OR 1/2 tsp ginger powder

1/2 tsp coriander powder (optional)

1/8-1 tsp cayenne pepper powder to taste OR 1 small hot pepper minced

1/4 tsp black pepper

1/4 cup reduced sodium tamari or soy sauce

3 T peanut butter

6 cups water or broth (chicken or vegetable)

OPTIONAL TOPPINGS or ADDITIONS:

Fresh chives, basil, cilantro, parsley, or mint; 1 can coconut milk; 1 T honey, maple syrup, or brown sugar; hot sauce to taste; croutons or pieces of toast.

Chop vegetables.

Warm 2 T oil or water in a 6 quart heavy-bottomed pot.

Saute onions until soft. Add garlic, spices, and carrots, and cook on medium heat covered for a few minutes (keep an eye on it- stir and add a few tablespoons water or broth if it is sticking)

Add tamari/soy sauce, peanut butter, and water/broth (and coconut milk if using), stir well and cover.

Bring to a boil then reduce heat and simmer until carrots are soft.

Using an immersion blender ("stick blender," "hand blender") puree soup until smooth. Careful— keep the blender submerged so you don't splash hot soup on yourself!

Taste and adjust: add more water or broth a little at a time if the consistency needs to be thinned out at all; add salt to taste if needed; add more cayenne pepper a little at a time if you want it spicier. Be aware that flavor will be richer/fuller the next day, if used as leftovers.

Garnish with optional toppings and serve.

