

Spicy Carrot Peanut Soup

Adapted from Moosewood Restaurant Daily Special

Ingredients:

1 Tbsp Canola Oil
2 Onions- Chopped
2 Lbs Carrots - Sliced fairly thin (Don't go crazy, but you don't want thick chunks, either. Shoot for 1/4-1/2 inch slices.)
2 Cloves of Garlic - Minced
1/4- 1/2 tsp. crushed red pepper flakes (Depending on how spicy you like it!)
1 tsp. Course Salt
6 Cups Water or Broth of your Choice (I use Chicken Broth but use Vegetable broth if you are trying to keep it Vegetarian.)
2 Tbsp Peanut Butter
3Tbsp Soy Sauce
Juice of Half a Lime

For Garnish: Chopped Cilantro, Crushed Peanuts, Lime Wedges

Directions:

Heat the oil in a large heavy pot over medium high heat, then add the onions, carrots, garlic, salt, red pepper flakes and saute until the onion starts to soften, about 5 minutes. Add the water/broth and bring to a boil, then reduce the heat and simmer until the carrots are soft, about 25-30 minutes.

Add the peanut butter, soy sauce and lime juice, and stir until the peanut butter melts into the soup. Puree the soup until smooth, using either an immersion blender or a food processor/blender (if using the latter, you'll need to puree in batches.) Taste the soup and adjust the salt, if needed.

Serve garnished with chopped cilantro, crushed peanuts, and/or lime wedges.
Serves 6-8.

