



Carrot Chile Soup

Servings 6-8

Preparation time 1 hour

Ingredients

2 tablespoon olive oil

3 garlic cloves, crushed

1 tablespoon chopped fresh cilantro (Some people don't enjoy the taste of cilantro. If you are one of those people, you can replace the cilantro with 2 tablespoons of parsley)

1 and 1/2 teaspoon chili sauce, paste or dried chili powder 1 teaspoon of salt or add salt to taste 1

large onion, chopped

3 to 4 large carrots, peeled and sliced 2 to 3 large russet potatoes, peeled and chopped 6 cups

vegetable broth

Preparation

Heat the oil in a large pot over medium heat. Place chopped garlic, salt, cilantro and chili sauce/paste and stir, add and saute the chopped onions until tender. Stir in the carrots and potatoes and allow them to cook for 10 minutes. Pour in the vegetable broth and allow the soup to simmer, 30 to 45 minutes or until the potatoes and carrots are soft. With a hand blender, blend the soup until smooth.

Garnish with chopped cilantro or parsley, sliced sauteed sweet red peppers or sun dried tomatoes in olive oil, sliced avocado and top with a slice of lime.