



CREAMY THAI CARROT SOUP

Servings: 4

Ingredients

- 1 Tbsp oil
- 1/2 large onion (chopped)
- 3 cloves garlic (diced)
- 1 pound carrots (scrubbed or peeled // chopped // 1 pound yields ~4 cups)
- 1 pinch each salt and pepper
- 4 cups vegetable broth
- 1/3 cup creamy or crunchy peanut butter (use less for a less intense PB flavor)
- 2 tsp hot sauce of choice or chili garlic sauce (use less for less spice)

Instructions

1. Heat a large pot over medium heat.
2. Dice onion and garlic. Add to pot with 1 tbsp oil. Add carrots and cook for 5 minutes.
3. Season with salt and pepper, then add vegetable stock and stir.
4. Bring to a low boil, then reduce heat to a simmer. Cover and cook for 20 minutes, or until veggies are tender.
5. Transfer to a blender and blend until smooth and creamy.
6. Add peanut butter and hot sauce to the blender and blend to combine.
7. Taste and adjust seasonings as needed.