

Chipotle Carrot Soup – Alison Mountford

By Alison Mountford, contributing chef for *RINewsToday.com*



ACTIVE TIME - 25

TOTAL TIME - 40

SERVES - 4

INGREDIENTS

1 onion

1 clove garlic

2 teaspoon unsalted butter

1 pound carrot

1 teaspoon ground cumin

1 teaspoon dried oregano

1 teaspoon kosher salt

1 can chipotle peppers in adobo

4 cups chicken or vegetable stock

1 15-ounce can coconut milk

INSTRUCTIONS

Preheat the oven to 350 degrees.

SOUP

Dice the onion and mince the garlic. Heat butter in a large pot and add the onion and garlic.

Wash the carrots well and you can probably leave them unpeeled. If they are really large or dry, peel them to reduce bitterness. Trim the stem end off and chop into 1” chunks. Add to the onions and sauté for about 5 minutes.

Stir in the cumin, oregano and 1 teaspoon of salt. Cook for 30 seconds. Add the stock and turn to high to bring to a boil. Add in 2 - 3 chipotle chili peppers from a can and between 1 teaspoon and 1 Tablespoon of adobo sauce, depending on how spicy you like it (you can add more later but you can't take it away).

Once boiling, reduce to medium high and simmer for about 20 - 25 minutes or until the carrots are completely tender.

PUREE

When ready, use a stick blender to puree the soup. Or transfer in batches to a traditional blender and puree. Stir in the coconut milk during this time. Taste and add more salt if needed.

OPTIONAL - Garnish with granola or chopped herbs