



SPICY CARROT PEANUT SOUP
(*Moosewood Restaurant Daily Specials*)
This is one of the most healthful and delicious soups you can make.

½ c water, sherry, white wine, or vegetable broth
1 large onion, chopped
6 to 8 cups water
2 lb. carrots, sliced (about 6 cups)
1 or 2 stalks celery, sliced
1 or 2 potatoes, peeled and chopped
1 or 2 cloves garlic, chopped
1 to 2 tsp peeled, chopped fresh ginger (optional)
½ t salt
½ t chili paste or chopped fresh chili pepper (optional and according to taste!—use caution)
2 tbsp natural peanut butter
1 tbsp soy sauce
2 tbsp fresh lime juice (juice of one half lime)
Chopped fresh cilantro (optional)

In a large pot, sauté onion in liquid until transparent. Add water and vegetables, salt and chili paste. Bring to a boil; lower the heat, cover lightly and simmer 25 minutes or until carrots are very tender. Let the soup cool somewhat. Add peanut butter and soy sauce. Use an immersion blender to smoothly blend the mixture; or in the alternative put the soup in cooled batches in the blender or food processor to blend and then return to pot. Bring the soup to a gentle simmer; stir in lime juice and garnish with cilantro before serving. This soup can also be served cold.♦