

**Creamy Thai Carrot Soup**  

**This is easy AND yummy! Completed vegan & gluten-free, too! Serves 4.**

**Ingredients:**

**1/2 of a large yellow onion, chopped**

**3 cloves garlic, diced**

**1 pound carrots, scrubbed (or peeled) and chopped (~4 cups)**

**Salt and Pepper**

**2 cups Veggie Stock + 2 cups water**

**1/3 cup creamy or crunchy salted natural peanut butter (use less for a less intense PB flavor)**

**2 tsp chili garlic sauce (use less for less spice)**

**1 TBSP Olive oil**

**TOPPINGS: Fresh basil, cilantro, or mint; Sriracha hot sauce**

**Instructions: Heat a large pot over medium heat. Dice onion and garlic. Add to pot with 1 Tbsp olive oil (or nonstick spray). Add carrots and cook for 5 minutes.**

**Season with a healthy pinch each, salt and pepper, then add veggie stock and 2 cups of water and stir. Bring to a low boil, then reduce heat to a simmer. Cover and cook for 20 minutes, or until veggies are tender (test by cutting a larger piece of carrot in half – it should cut with ease). Transfer to the Vitamix (or preferred blender) and blend until smooth and creamy. (Cover with a towel in case your lid leaks any soup while blending.)**

**Add peanut butter and chili garlic sauce to the blender and blend to combine, using a ‘puree’ or ‘liquify’ setting if you have it.**

**Taste and adjust seasonings as needed.**

**Serve immediately with fresh basil or cilantro. Serve with drizzle of sriracha for extra heat.**

*Recipe courtesy of Maggie Fisher*