

# CARROT AND CORIANDER SOUP

Preparation: **15 mins.** | Cooking: **1 hour** | Servings: **6**

## INGREDIENTS

*6 cups low-sodium vegetable broth*  
*2 lb. carrots, peeled and cut into 2-inch pieces*  
*2 cloves garlic, minced*  
*1 large red onion, chopped*  
*1 finely chopped jalapeno, seeds removed*  
*1/4 cup packed fresh cilantro leaves and stems, separated, plus more leaves for garnish*  
*4 tbsp. extra-virgin olive oil, divided*  
*1 tsp. ground coriander*  
*Kosher salt*  
*Freshly ground black pepper*  
*Pinch crushed red pepper flakes*  
*Lime wedges for serving*



## INSTRUCTIONS

Preheat oven to 425°. Toss carrots with 2 tablespoons oil, coriander, salt, and pepper on a large baking sheet. Roast until carrots are fork tender, 30 minutes. In a large pot over medium heat, heat remaining 2 tablespoons oil. Add red onion and cook until soft, about 5 minutes. Add garlic, jalapeño, and cilantro stems. Cook until fragrant, 1 minute more. Add broth, cilantro leaves, a pinch of red pepper flakes, and roasted carrots. Bring to a boil, then reduce heat and let simmer 15 minutes. Using a blender or an immersion blender, blend until smooth. If using a blender, carefully remove lid every so often to let steam escape. Garnish with more cilantro and serve with lime wedges.