

## Mother's Minted Carrot Soup

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
carrots	3 large or 4 medium	peeled and diced
onion	1 medium	peeled and diced
garlic	2 large cloves	peeled and crushed
chicken or veggie broth	2 cups	
ground cumin	$\frac{3}{4}$ teaspoon	
white pepper	$\frac{1}{4}$ teaspoon	
cayenne pepper	a dash or two	
mint	3 full branches	
mint	2 heaping Tablespoons	finely chopped
sour cream or yogurt	$\frac{1}{2}$ cup	
fresh lime juice	1 teaspoon	
(If you don't have fresh lime juice, then just skip it)		

- In a large saucepan, combine carrots, onion, garlic, and half (1 cup) of the broth.
- Press a piece of waxed paper onto the vegetables, cover the pan, and simmer over medium-low heat for 10 minutes.
- Remove the waxed paper, and add the remaining broth, cumin, and pepper. Cover the pan and simmer 20 minutes more.
- Remove from heat and cool slightly.
- Puree the soup in a blender.
- Pour into a large bowl, and stir in the 3 branches of mint.
- Cover and refrigerate over night.
- Remove the branches of mint.
- Stir in the sour cream or plain, whole milk yogurt (no low-fat yogurt – it is too runny), 1 Tablespoon of the chopped mint, and the lime juice.
- Serve with a sprinkling of chopped mint (from the remaining Tablespoon) on top of each bowl.

**NOTE:** This is mother's favorite cold soup. It has a polarizingly distinct flavor that people either really like or really don't like. Mother and I usually make a double batch.

**Soup - Cold**