

RECIPE

Green Plantain Soup



- 1 tbsp. of natural vegetable base

Preparation

In a medium saucepan, over medium heat, sauté the onion and carrot in the *ghee* or oil until translucent, about three minutes, then add the plantains and cilantro, toss everything until well coated and add water until it covers everything, bring it to a boil and let it cook for about 20 minutes or until the plantains are soft.

Puree with a hand blender or with a regular one, making sure to leave some chunks. Add more water or broth if needed, rectify the seasoning.

Tips

Serve hot and eat as is or top grilled chicken pieces, avocado, more coriander leaves, toasted sunflower seeds, and plain yogurt. Squeeze some lime right before eating for a little tanginess.

Ingredients

- 1 tbsp *ghee* or avocado oil
- 1 small yellow ONION finely chopped
- 1 small CARROT finely chopped
- 2 GREEN PLANTAINS, peeled and coarsely chopped
- A handful of chopped fresh CILANTRO