

# Coconut Curry Soup

## INGREDIENTS

- ◇ 2 teaspoons olive or coconut oil
- ◇ ½ a large white onion, cut into 1-inch strips
- ◇ 2 red bell peppers, cut into 1-inch strips
- ◇ 1 large carrot, cut into 1-inch strips
- ◇ 1 cup chopped broccoli
- ◇ 4 cloves of garlic, minced
- ◇ 2 tablespoons of loosely-packed minced fresh ginger
- ◇ 2 tablespoons yellow curry powder
- ◇ 2 teaspoons soy sauce or tamari
- ◇ 1 ½ cups of canned coconut milk
- ◇ 4 cups of vegetable broth
- ◇ 12 ounces of rice noodles, cooked according to the package
- ◇ 2 cups of chopped spinach or whatever leafy green you like
- ◇ 1/3 cup chopped cilantro
- ◇ 2 tablespoons lime juice
- ◇ 1 tablespoon Sriracha-style hot sauce

## TOPPINGS

cilantro, green onion, sliced peppers, lime wedges.

## DIRECTIONS

Warm the oil in a large stockpot over a medium-high heat. Add the onion and sauté for a minute. Add the bell peppers and carrot and cook for a minute more. Add the broccoli and cook for another 3 minutes. You want to get the vegetables to soften up just a little but they're gonna cook through the whole soup making process.

Add the garlic, ginger, curry powder, and soy sauce and cook for 30 more seconds. Add coconut milk and vegetable broth and bring to a simmer, stirring it every now and then, about 5 minutes. Add the cooked noodles and spinach and let it all simmer together, about a minute more. Turn off the heat and stir in the cilantro, lime juice, and Sriracha and taste. Add more curry powder, lime juice, garlic, soy sauce, whatever you think it needs to start tasting right.

Serve right away topped with some extra cilantro or some green onions, maybe some sliced peppers and lime wedges on the side.



# Raspberry Chipotle Dip

## INGREDIENTS

- ◇ 1 pack Cream Cheese (I used vegan)
- ◇ ¼ cup Raspberry Chipotle Sauce (grilling sauce)
- ◇ 1 can Black Beans, rinsed and dried
- ◇ ½ cup Cashews, chopped
- ◇ ¼ cup Cilantro, chopped.

## DIRECTIONS

Spread the Cream Cheese into a thin layer on a platter. Top with an even layer of the Sauce. Add the beans in a layer and top with the cashews and cilantro. Sprinkle a little more sauce on top if you want.

Serve with tortilla chips, crackers or pretzel chips.

