Plantain Soup

Serves: 5
Prep: 10 minutes | Cook: 55 minutes

INGREDIENTS
• 1/4 cup olive oil
• 1 small onion, diced
• 1 carrot, diced
• 1 celery rib, diced
• 3 garlic cloves, minced
• 4 cups water or vegetable stock
• 2 large green plantains, peeled and sliced into rounds
• 1 bay leaf
• 1/2 teaspoon of salt or more to taste
• Pinch of black pepper
• 1/2 cup fresh cilantro, minced
• 1 lime, cut into wedges (optional)

DIRECTIONS
1. Heat olive oil in a medium-sized pot over medium heat. Add onion, carrot, and celery. Cook until onions are soft, about 3-4 minutes. Add garlic and cook for another minute, stirring occasionally.
2. Add water or vegetable stock and bring to a boil. Add plantain rounds and bay leaf. Cover, reduce heat to low, and simmer for 40 minutes.
3. Mash plantains with a spoon until soup is thickened. If you prefer a smoother soup, transfer to a blender and blend in 2-3 batches.
4. Remove bay leaf. Add cilantro. Season to taste with salt and pepper and serve with lime wedges.

Recipe adapted from: casablancacooks.com

Nutrition Information
Serving Size: 1/5 of recipe
Calories 190
Total fat 10 g
Saturated Fat 1.6 g
Cholesterol 0 g
Sodium 258 mg
Carbohydrates 27 g
Fiber 3 g
Sugars 11 g
Protein 1 g

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