

Plantain Soup



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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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.



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

Recipe adapted from:
casablanccooks.com