





# ROASTED CARROT SOUP

*A vegan-friendly pureed soup. The sweetness of the carrots caramelizes and truly highlights the spices in Khmeli Suneli.*

PREP TIME



15 MIN



COOK TIME  
30 MIN



SERVINGS  
6

## Instructions

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. Combine carrots, shallots, garlic cloves, and jalapeno. Drizzle olive oil over vegetables and sprinkle with salt and Khmeli Suneli. Toss everything together until the vegetables are evenly coated.
3. Spread seasoned vegetables out onto prepared baking sheet in a single layer.
4. Roast vegetables for 25 minutes or until the carrots are tender and slightly caramelized. Stir or toss during roasting for even cooking.
5. Once done, remove vegetables from oven and let cool slightly.
6. Add roasted vegetables to a large pot along with 4 cups of vegetable broth. Heat on medium until bubbling. Using an immersion blender\*, blend until soup is smooth and creamy, about 1-2 minutes. To adjust thickness, more broth can be added. Taste and adjust the seasoning if needed.
7. Ladle the hot roasted carrot soup into bowls and top with a dollop of sour cream and a sprinkle of chopped pistachios for garnish.

*\*Note: If you don't have an immersion blender, soup can be pureed in batches using a standing blender.*

Adapted from [worldspice.com](http://worldspice.com)

## Ingredients

- 1 pound carrots, peeled
- 3 tablespoons olive oil
- 3 teaspoons Khmeli Suneli spice, ground
- 3 teaspoons Sea Salt
- 2 shallots, cut in half lengthwise
- 2 cloves garlic, whole
- 1 jalapeno, cut lengthwise
- 4 cups vegetable broth

### Garnish:

- Sour cream
- Chopped pistachios



# KHARCHO (BEEF SOUP)

*Kharcho (pronounced harcho), is a hearty beef soup in tomato broth with a wonderful blend of herbs and spices.*

PREP TIME



20 MIN



COOK TIME  
3 HRS



SERVINGS  
8

## Instructions

1. If beef chuck or brisket is not already pre-cut, chop bite size pieces, place in a large boiling pot, add 4 cups beef broth + 4 - 6 cups of water and bring to a boil. Remove Turn the heat to low, cover and simmer for 1 1/2 - 2 hours, until the meat is tender.
2. After 1 1/2 - 2 hours, add the rinsed rice, chopped onions, two twigs of parsley and two twigs of cilantro. Continue simmering for another 20 more minutes.
3. Add the finely chopped parsley and cilantro, garlic, whole hot chili peppers, spice mix, red wine vinegar, diced tomatoes, salt and pepper to taste, and continue cooking for another 15 minutes.
4. Serve hot, garnished with fresh chopped dill.

Adapted from [cravingtasty.com/](http://cravingtasty.com/)

## Ingredients

- 2 lbs beef (traditionally chuck or brisket)
- 1 medium onion (finely chopped)
- 1 celery stalk (finely chopped)
- 1/2 cup rice (uncooked, rinsed)
- 4 cups beef broth + 4 - 6 cups water
- 15 oz can diced tomatoes
- 1 Tbsp red wine vinegar
- 8 twigs fresh parsley (2 whole, 6 finely chopped)
- 8 twigs fresh cilantro (2 whole, 6 finely chopped)
- 1 Tbsp khmeli-suneli spice mix
- 2 - 4 cloves garlic (pressed or finely chopped)
- 2 hot chili peppers (whole)
- Salt (to taste)
- Black pepper (to taste)
- Chopped dill for garnish when serving