

# Jalapeno Cilantro Soup

Cook Time 30-60 minutes

Servings 4-6 servings



## Ingredients

- ½ tablespoon unsalted butter
- 1 teaspoon liquid crab boil
- 1 tablespoon liquid smoke
- 5 jalapeno peppers, seeded and minced
- 2 tablespoons garlic, minced
- ¾ cup red onion, finely chopped
- 2 carrots finely chopped
- 2 large avocados, peeled and diced
- 4 roma tomatoes, diced
- 8 cups heavy cream (may substitute with almond or coconut milk)
- Kosher salt
- Freshly ground black pepper
- 1 bunch cilantro, stemmed and chopped
- Tortilla chips
- Cayenne pepper to taste if needed

## Instructions

1. Wash and dice jalapenos, red onion and carrots.
2. Mince garlic.
3. In a large stockpot, heat the butter over medium heat.
4. Sauté the jalapenos, onions, carrots and garlic with 1 teaspoon of crab boil for about 10 minutes, or until the onions are translucent and the peppers turn soft.
5. Remove from the heat and add the avocado, tomatoes, and cream.
6. Lower the heat, then return the pot to heat, stirring constantly so the cream doesn't separate.
7. Slowly bring the soup back to a simmer, cooking to reduce by about 30 percent, stirring often to prevent scorching or sticking.
8. Season with salt and pepper to taste.
9. Just before serving, add the cilantro, reserving about 1 teaspoon per serving for garnish.
10. Sprinkle with the reserved chopped cilantro and tortilla crisps.

(Low Carb / Keto)