

Recipe Makes 6-8 Servings

Ingredients

1/2 teaspoon ground coriander
1/3 teaspoon ground yellow mustard seed
3 tablespoons peanut oil
1/2 teaspoon curry powder (preferably Madras)
1 tablespoon minced peeled fresh ginger
2 cups chopped onions
1 1/2 pounds carrots, peeled, thinly sliced into rounds (about 4 cups)
1 1/2 teaspoons finely grated lime peel
5 cups vegetable broth
2 teaspoons fresh lime juice
Plain yogurt (for garnish)

Directions

- Mix together ground coriander and mustard seed.
- Heat oil in heavy large pot over medium-high heat.
- Add ground coriander and mustard seed and curry powder; stir 1 minute.
- Add ginger; stir 1 minute. Add onions, carrots, and grated lime peel.
- Sprinkle with salt and pepper; sauté until onions begin to soften, about 3 minutes.
- Add 5 cups broth; bring to boil.
- Reduce heat to medium-low; simmer uncovered until carrots are tender, about 30 minutes.
- Cool slightly.
- Working in batches, puree in blender until smooth.
- Return soup to pot.
- Add more broth if too thick.
- Stir in lime juice; season with salt and pepper.

Recipe makes 6 Servings

Total time: 26 mins

Ingredients

2 teaspoons olive oil, divided
12 ounces skinless, boneless chicken breast, diced or rotisserie chicken
1 cup onion
1 cup green bell pepper
2 garlic cloves, minced
3/4 teaspoon ground cumin
3/4 teaspoon chili powder
2 (14-ounce) cans fat-free, less-sodium chicken broth
1 (14.5-ounce) can diced tomatoes, undrained
1/3 cup chopped fresh cilantro
1/2 cup coarsely crushed baked tortilla chips
1/2 cup reduced-fat Mexican blend cheese
6 lime wedges (about 1 1/2 limes)

Directions

- Heat 1 teaspoon oil in a nonstick Dutch oven over medium-high heat. Add the chicken, and cook, stirring often, 3-4 minutes or until browned. Remove to plate, and cover.
- In the same pan, heat remaining 1 teaspoon oil on medium-high. Add onion, bell pepper, and garlic. Cook, stirring often, 5 minutes or until softened. Stir in cumin, chili powder, broth, and tomatoes. Bring to a boil. Reduce heat, and simmer 5 minutes.
- Return the chicken and juices to the pan and simmer 3 minutes or until heated through. Stir in cilantro.
- Ladle soup into serving bowls; top with crushed tortilla chips and cheese. Serve hot, with a lime wedge on the side.