

Roasted Poblano Pepper Soup

INGREDIENTS

- 6-8 poblano peppers
- 3TBS olive oil
- 4TSP sea salt
- 2TBS ghee
- 1 white sweet potato
- 1 yellow onion
- 1TBS oregano
- 1TBS basil
- 1TSP black pepper
- 4-6C bone broth

1. Slice poblanos down the middle and discard tops and seeds inside.
2. Place on baking sheet and coat with sea salt and oil.
3. Roast at 400°F for 20 minutes or until skin begins to char.
4. Meanwhile, heat ghee in dutch oven. Once melted, add veggies and remaining spices, mix well.
5. Saute until veggies begin to sweat, about 2-3 minutes, stirring occasionally.
6. Add bone broth (should be about 2 inches from top of dutch oven) and bring to a boil. Once boiling, reduce to a simmer and cover. Cook for about 20 minutes until veggies soften, stirring occasionally.
7. Once veggies soften, add roasted poblanos and combine well.
8. Allow to cool and blend with an immersion blender (or in a Vitamix) until smooth and creamy.
9. Garnish with avocado, cilantro, and avocado oil.