

Peruvian Sopa Seca (Dry noodle soup) - Vegetarian

- ¼ cup vegetable oil
- 1 pound spaghetti, broken in 3 parts
- 1 onion, finely chopped
- 4 to 5 cloves garlic, minced
- 1 medium carrot, finely diced
- 1 cup jarred Artichoke heart or olives, drained and rinsed (optional)
- 1 red pepper or can sub with any other color pepper
- 1 teaspoon paprika
- ¼ tsp turmeric
- 1 teaspoon ground cumin
- ½ to ¾ tsp coriander
- Salt and pepper, to taste
- 1-ounce semisweet chocolate or chocolate chips.
- 2 tablespoons ancho chipotle in adobo sauce or can substitute 1 tbsp chipotle in adobo sauce or (Mix 1 tablespoon tomato paste (or if you must – ketchup), 1 tablespoon cider vinegar, 1 teaspoon chipotle powder (or smoked paprika/cayenne powder mix), 1/2 tsp cumin, a pinch of oregano, a pinch of garlic powder, and a pinch of salt)
- 2 cups finely diced tomato or 1 and a half cup canned tomato
- 1 15 oz can black beans, or 1 and a half cup cooked beans
- 2 cups packed basil leaves can be subbed with 2 more cups of spinach and ¼ cup of dried basil
- 2 cups Spinach
- 4 cups vegetable stock or water
- 1 cup fresh chopped parsley (optional)
- Top with sour cream or cashew cream for dairy free (optional)
- Avocado (optional)

