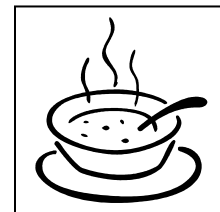


CSFP
Recipe of the Month
October, 2012

Two favorite foods of Fall—apples and sweet potatoes—combined in a colorful, tasty, nutritious soup containing vitamins and antioxidants!

Curried Sweet Potato-Apple Soup

Makes 4 servings



Ingredients:

Sweet potatoes, canned, rinsed and drained	1 can (15 ½ ounces)
Vegetable Oil or margarine	2 Tablespoons
Onion, chopped	1 small
Garlic, smashed	2 cloves
Ginger	1/4 Teaspoon
Nutmeg	1/4 Teaspoon
Curry powder	1 1/4 Teaspoons
Chicken broth, low-sodium	2 cups
Applesauce	1 1/4 cups
Salt and pepper, to taste	

Directions:

1. Saute chopped onion and garlic in oil or margarine in large pot over medium heat until onion is soft, about 5 minutes.
2. Stir in the ginger, nutmeg, curry powder.
3. Mash the drained sweet potatoes until smooth.
4. Add sweet potatoes, chicken broth, and applesauce to onion mixture.
5. Stir well; reduce heat and simmer until flavors blend well.
6. Puree the soup with a blender (or use egg beater) until smooth.
7. Season with salt and pepper, as desired.

Notes:

1. To use fresh, raw sweet potatoes: peel and dice 2 large sweet potatoes; cook in 2 cups water until sweet potatoes are soft, about 20 minutes.
2. Serve with corn muffins or cornbread.
3. Sweet potatoes are good sources of antioxidants which help prevent inflammation.

Recipe adapted from Food Network Magazine

Questions or concerns? Call the Vermont Foodbank: 1-800-214-4648

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Because we cannot predict which foods will actually arrive in your food package, the recipe may not always use ingredients that you receive in a given month.