

Creamy Curry Sweet Potato Soup

Prep Time: 10 min

Cook Time: 45 min

Servings: 4-6



Sweet potatoes and coconut milk bring just the right amount of sweet to balance the onions, garlic and spices in this delicious creamy soup. Use a hand masher for a chunkier soup and add chicken, beef, lamb or chickpeas for a heartier dish. Pairs well with a sandwich or salad. Top with croutons, sour cream or yogurt for added texture and flavor.

Ingredients

- 2 pounds sweet potatoes, peeled & small cubed
- 1 onion, diced
- 2-4 cloves garlic, chopped
- 1Tbsp Oil
- 1 Tbsp curry powder
- 2 tsp cumin
- 1/4 tsp paprika or red pepper flakes for heat
- salt & pepper, to taste
- 1 can coconut milk (12 ounce)
- 2 cups stock or water

Steps

1. Wash and prep sweet potatoes, onion & garlic.
2. In a large pot, heat oil over medium heat. Add onion and season lightly with salt & pepper. Cook until translucent, about 5 minutes.
3. Add garlic and cook 2 more minutes, until tender and fragrant.
4. Stir in sweet potatoes, curry powder, cumin, paprika/red pepper flakes. Cook for 5 minutes.
5. Add in coconut milk and stock. Bring to a boil and reduce heat to low. Simmer for 30 minutes, until potatoes are very tender.
6. Puree mixture, using an immersion blender, blender or food processor.* Return mixture to pot; adjust seasoning. Thin with additional stock, water or coconut milk to desired consistency.
7. Top with croutons and enjoy!

*Alternatively, use a hand masher for a chunkier soup.