

Sweet Potato Soup with Coconut

Instead of milk or cream, this soup uses coconut milk which really complements the sweet potato for a delicious and hearty winter soup. Serve on its own or with a nice homemade sandwich on crunchy bread.

Remember, you do not have to follow the recipe to a T! – play around with the spices adding other you like and omitting those you do not like. I tend to add extra garlic and more spice because that is the way that I like it, but I am not a fan of ginger so I tend to omit that or decrease the amount in recipes.

Ingredients

- 1tbsp coconut oil
- 1 medium sweet onion chopped
- 2-3 large carrots peeled and chopped
- 2-3 ribs celery chopped
- 2 medium/large sweet potato peeled and chopped
- 1-2 white potatoes peeled and chopped (optional)
- 4 cloves garlic chopped
- 6-8 cups liquid – vegetable or chicken stock or water
- 1 can full cream coconut milk
- Spices (this is where it gets tricky because I cannot remember 100%)
 - 1tbsp cumin
 - ½-1tsp paprika
 - Fresh ground pepper – liberally
 - 1tsp salt – or to taste
 - 1tbsp turmeric
 - Dash of cayenne pepper
 - Dash of cinnamon
 - Add some greens if you like – I added about 2tsp rosemary and probably 2tsp of thyme as well.



Directions

1. Sautee onion, celery, carrots, garlic, potato and sweet potato in medium heat until they start to soften and onions become translucent.
2. Add ½ the amount of spices, stir and cook out for another minute or so.
3. Add the stock or water, bring to a boil and then decrease heat and cook until sweet potatoes are cooked through; then blend.
4. Taste test and add the rest of the spices as desired.
5. Add coconut milk after and cook for another 10-15 minutes on low heat to combine all the flavours.