

Hot and Healthy Soups

ROASTED SWEET POTATO SOUP

Sweet potatoes are a smart choice to replace regular white potatoes, and are a great source of calcium, Vitamin A, Vitamin C and thiamin!



Ingredients

2 sweet potatoes
1 tbsp vegetable oil
1 small onion, finely chopped
2 cloves garlic, minced
1 tbsp minced gingerroot, (or 1 tsp ground ginger)
2 tsp mild curry paste
4 cups vegetable stock or chicken stock

Instructions

1. Peel and cut sweet potatoes into 1/2-inch (1 cm) cubes; set aside.
2. In large saucepan, heat oil over medium heat; cook onion, garlic, gingerroot and curry paste, stirring occasionally, for 3 minutes or until softened. Add sweet potatoes; stir for 1 minute or until coated.
3. Add stock and bring to boil; reduce heat, cover and simmer for 10 minutes or until potatoes are tender. With immersion blender or in blender, blend soup. Reheat if necessary.

Nutritional Info per serving

Calories: 306
Protein: 5g
Total Fat: 6g
Saturated Fat: 0g
Fibre: 6g
Sodium: 659mg

Canadian Living Test Kitchen. Sweet potato soup. Retrieved from www.canadianliving.com