

# 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!



## ROASTED SWEET POTATO SOUP

### 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

- Peel and cut sweet potatoes into 1/2-inch (1 cm) cubes; set aside.
- 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
- 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 INFORMATION (PER SERVING)

CALORIES	306
PROTEIN	5 g
TOTAL FAT	6 g
SATURATED FAT	0 g
FIBRE	6 g
SODIUM	659 mg

RESOURCE: Canadian Living Test Kitchen • Sweet Potato Soup • [www.canadianliving.com](http://www.canadianliving.com)