



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Sweet Potato Soup

Serves 4

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 shallots, chopped
- 2 cloves garlic, chopped
- 3 cups sweet potato, diced (about 2 medium)
- 2 stalks celery, diced
- 1 medium carrot, diced
- 2 tablespoons mild yellow curry powder
- $\frac{3}{4}$ teaspoon sea salt
- 4 cups water
- $\frac{1}{4}$ cup coconut milk
- $\frac{1}{4}$ cup parsley or cilantro, chopped, for garnish

Directions:

1. In a large pot over medium heat, add oil, shallots and garlic. Stir and cook for 5 minutes. Then add sweet potato, celery and carrot, and sauté for 1 minute.
2. Stir in curry powder and salt. Add water, bring to a boil and reduce heat to low. Simmer for 20 minutes, or until vegetables are tender.
3. Remove soup from heat and cool slightly. Add coconut milk, stirring well to combine. Puree soup in the pot with an immersion blender, or add soup to a blender to puree.