

## Curried Sweet Potato & Carrot Soup

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

**Total Time:** 40 minutes

**Servings:** 4

**Serving Size:** 1 large bowl

### Ingredients:

1 tablespoon coconut oil  
 1 onion, peeled and roughly chopped  
 1 clove garlic, minced  
 4 large carrots, unpeeled, roughly chopped (about ½ inch pieces)  
 1 small-medium sweet potato, peeled and roughly chopped (about ½ inch cubes)  
 3 cups vegetable broth  
 1 (15-ounce) can full-fat coconut milk  
 1 tablespoon freshly chopped ginger root  
 2 teaspoons curry powder  
 ¼ teaspoon chili flakes  
 ½ teaspoon salt  
 ½ teaspoon pepper

Optional garnish:  
 Fresh herbs, pepitas, or more  
 chili flakes

### Directions:

1. Heat the coconut oil in a large soup pot, add the onions and garlic, and then sauté on medium heat for about 5 minutes.
2. Add the carrots and potatoes and cook for another 5 minutes.
3. Pour in the broth, then add the ginger, curry powder, salt, pepper, and chili flakes. If broth is not covering all of the veggies, add more, ½ cup at a time. Give it a good stir and bring the pot to a slow boil, then put the lid on the pot, turn to a simmer/very slow boil, and cook until potatoes and carrots are softened, about 10 or 15 minutes.
4. When carrots and potatoes are soft, carefully blend the soup in batches using a counter blender (take out the cap plug and use a towel to hold the lid down firmly and avoid very hot spills). Or use one of my favorite kitchen tools, an immersion hand blender, and puree until smooth.
5. Return soup to pot (if used counter blender) and then place back on the heat at medium-low. Stir in the coconut milk and let heat through another 5-7 minutes or so.
6. Season with salt and pepper and garnish with fresh herbs, more chili flakes, and/or roasted or raw pepitas or sunflower seeds.

### Tips and Tricks:

I LOVE this soup! A must try...these anti-inflammatory foods combine to make an amazing soup that will become one of your family favorites.

Leftovers taste just as amazing or double your batch and freeze this in an airtight container for up to 3 months for another fast and easy meal.

### Nutritional Information Per Serving:

**Calories:** 193.4  
**Fat:** 16.2 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 460.3 mg  
**Total Carbohydrate:** 18.3 g  
**Dietary Fiber:** 4.2 g  
**Sugars:** 5.8 g  
**Protein:** 2.6 g