



Ginger, Carrot and Sweet Potato Soup

It is sweet, creamy, and slightly spicy with an exotic flair. This sweet potato recipe can be easily modified to be vegan or vegetarian (simply replace the chicken broth with vegetable broth). It utilizes staple winter vegetables, but still has an exotic flair. It makes a nice light dinner when served with a side of meat, but is filling and satisfying on its own as well. You can also add pre-cooked ground poultry or cooked shredded chicken to the soup while its cooking, for an even heartier version!

Ingredients

- 4 tablespoon(s) coconut oil
- 1 small onion(s), diced
- 1 medium garlic clove(s), minced
- 2 teaspoon(s) ginger, fresh, grated
- 2 medium sweet potato(es), peeled and diced
- 2 medium carrot(s), peeled and diced
- 1 teaspoon(s) cumin
- 1 teaspoon(s) coriander
- 1 teaspoon(s) sea salt
- 1/2 teaspoon(s) black pepper
- 1/2 teaspoon(s) red pepper flakes, crushed
- 5 cup(s) chicken broth
- 1 cup(s) coconut milk, full fat
- 1 medium lime(s), juiced
- 1/2 cup(s) cilantro, fresh, chopped

Instructions:

Heat the coconut oil in a Dutch oven or saucepan. Add the onions, garlic, and ginger and cook until fragrant, about 2 minutes.

Add the sweet potatoes, carrots, and seasonings, stir until coated and add the broth. Bring to a boil and reduce to a simmer. Simmer until vegetables are tender, 10-15 minutes.

Transfer the soup to a blender and blend until smooth, pureeing in batches if necessary.

Add back to the pot, add the coconut milk and lime juice and simmer until heated through.

Serve topped with the cilantro.