

Caribbean Sweet Potato Soup

Ingredients:

- ✓ 1 small onion, diced
- ✓ ½ tbsp ginger
- ✓ 2 tbsp minced garlic
- ✓ 2 ½ cups vegetable broth
- ✓ 2 lbs sweet potatoes, peeled and diced
- ✓ 1 ¼ tsp salt
- ✓ ¼ tsp turmeric
- ✓ Dash of cayenne
- ✓ 7.5 ounces coconut milk
- ✓ 1 ½ tbsp lime juice



Total Time: 1 hour Servings: 4

Directions:

1. 1 tbsp oil over medium heat in a large pot. Add onion, garlic, ginger and cook until softened (about 6 minutes).
2. Add broth, sweet potatoes, salt, cayenne, and turmeric and bring to a boil. Then reduce heat to low-medium. Cover and cook until sweet potatoes are tender—about 20 minutes.
3. Skim 2 tbsp thickened coconut milk off of the top of the can. Whisk together with 1 tbsp lime juice and set aside. This will be the topping for the soup.
4. Mix together ½ tbsp lime juice and remaining coconut milk. Add to the sweet potato mixture. Place soup in a blender, in batches, to make the soup smooth. Add any extra broth to make the correct consistency and extra turmeric and cayenne as needed.
5. Serve soup with coconut milk/lime topping.