

## Nutty Sweet Potato Soup with Harissa and Spinach



Serves 8

30 minutes or fewer

Harissa is a smoky North African chili paste made from smoked chiles, olive oil, spices, and sometimes tomatoes. Heat and flavor vary from brand to brand. This recipe was made with a French-produced harissa with a mild heat and extra sweetness from tomatoes.

2 Tbs. olive oil

2 medium leeks, white and light green parts thinly sliced (2 cups)

3 Tbs. tomato paste

3 Tbs. creamy peanut butter

1 ½ Tbs. harissa paste

2 cloves garlic, minced (2 tsp.)

1 tsp. ground turmeric

¾ tsp. ground cumin

2 medium sweet potatoes, peeled and sliced ¼-inch thick (5 cups)

3 ½ cups low-sodium vegetable broth

3 oz. spinach leaves, thinly sliced (2 packed cups)

Lemon wedges, for garnish

1. Heat oil in Dutch oven over medium-high heat. Add leeks, and sauté 5 to 7 minutes. Stir in tomato paste, peanut butter, harissa, garlic, turmeric, and cumin; cook 1 minute, stirring constantly. Add sweet potatoes, broth, and 1 ½ cups water, and simmer over medium-low heat, partially covered, 20 to 25 minutes, or until sweet potatoes are tender.

2. Blend mixture with immersion blender, adding more water if soup is too thick. Bring soup back to a simmer, and stir in spinach leaves. Serve with lemon wedges.

October 2011 p.53



**Get 2 FREE Trial Issues of Vegetarian Times and 3 FREE Gifts! [CLICK HERE](#)**

Copyright © 2012 Cruz Bay Publishing, Inc., an Active Interest Media Company.