Curried Sweet Potato and Carrot Soup

3-5 Servings

This soup is the perfect fall treat when the farmers markets are full of root vegetables. A great timesaver for the future is to make a double batch and freeze in the freezer.

Ingredients

1 tablespoon coconut oil or 1/2 cup water
3 cups sweet potatoes, cut into chunks
2 cups carrots, cut into chunks
Pinch sea salt
1 tablespoon curry powder, or more to taste ½ teaspoon cinnamon
1 teaspoon coriander
5 or more cups filtered water
1 tablespoon sweet white miso, dissolved in 1/4 cup water
Sea salt, to taste
Handful parsley or cilantro, for garnish

Steps

1. Heat oil or water in large saucepan or stockpot.
2. Add sweet potatoes and carrots with a pinch of sea salt and saute for three minutes. Add the spices and saute until well coated. Add water and bring to a boil. Cover and simmer 15 minutes, until vegetables are soft.
3. Let soup cool slightly. Puree the soup in a blender (or with immersion blender) until smooth and creamy, and then return it to pot. Dissolve miso in hot water and stir into soup. Simmer three to four minutes. Season to taste. Serve hot, garnished with chopped parsley or cilantro.

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Foreword by Kim Barnouin, co-author of Skinny Bitch

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