



SWEET POTATO CARROT SOUP

Makes 8 generous servings.

Turmeric, ginger and cumin make for a restorative soup at any time of the year, but especially on cold days.

INGREDIENTS

- 4 tablespoons extra-virgin olive oil
- 2 teaspoons turmeric
- 1 teaspoon cumin
- 2-inch piece ginger, peeled, grated
- 2 large Vidalia onions, peeled, cut into medium pieces.
- 2 medium sweet potatoes (1¼ pounds), peeled cut into medium pieces
- 2 medium carrots (¾ pounds), peeled cut into medium pieces
- 4 cups vegetable broth
- One 13½ ounce can unsweetened coconut milk
- 2–3 tablespoons lime juice
- Kosher salt
- Freshly ground black pepper
- Sunflower seeds, toasted for garnish

PREPARATION

1. Heat the oil in a medium saucepan. Add the turmeric, cumin and ginger and stir for a few minutes.

2. Add the onions, sweet potatoes and carrots. Sauté for a few minutes.
3. Add the coconut milk and 3½ cups broth. Bring to a boil and cook for about 30 minutes or until the potatoes and carrots are soft.
4. Puree in a Vitamix until smooth.
5. Adjust the consistency with the reserved broth and season to taste with lime juice, salt and pepper.
6. Garnish with toasted sunflower seeds.

NOTE

If you freeze the soup, be sure to whisk it as it is boiling to bring it back to its silky texture.