



## SWEET POTATO SOUP

Makes 4 generous servings.

A soup for all seasons, this recipe can be served hot, cold or at room temperature. It freezes well.

### INGREDIENTS

- 2 medium sweet potatoes, about 1 pound
- 1 medium Vidalia onion
- 3 ½ cups vegetable broth
- ¾ cup coconut milk
- ½ teaspoon ground nutmeg
- 1–2 tablespoons lemon juice
- Kosher salt
- Freshly ground black pepper
- Sunflower seeds toasted for garnish

### PREPARATION

1. Peel the potatoes and onion and cut into thick slices.
2. Place the potatoes, the onion, 3 cups of broth, coconut milk and nutmeg into a medium saucepan and bring to a boil over high heat. Lower the heat, cover and cook until the potatoes are soft, about 25 minutes.
3. Puree in a Vitamix until smooth. Adjust the consistency with the reserved broth and season to taste with lemon juice, salt and pepper.

## NOTE

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