



Carrot & Sweet Potato Soup

PREP TIME: 15 MIN

COOKING TIME: 75 MIN

SERVES: 2-4

Enjoy this creamy, comforting soup, packed with anti-inflammatory ingredients like ginger, turmeric, and antioxidant-rich vegetables.

Ingredients

- 1 yellow onion, minced
- 4 garlic cloves, minced
- 2 tablespoons olive oil or coconut oil
- 2 tablespoons freshly grated ginger
- 1 red bell pepper, chopped
- 2-4 tablespoons curry powder (adjust the amount based on your preferred spice level and the flavor of your curry blend)
- 1 teaspoon of smoked paprika
- 3 medium carrots, chopped
- 2 large sweet potatoes, peeled and diced
- 3-4 cups vegetable stock, enough to cover the ingredients (adjust the amount based on your desired soup thickness)
- 1 cup coconut milk (optional)
- Salt and pepper, to taste

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Directions

1. **Heat the Pot:** Place a pot on the stove over medium heat. Add just enough oil to coat the bottom of the pot for sautéing.
2. **Sauté Aromatics:** Add the minced garlic and onion. Sauté until translucent.
3. **Add Ginger:** Stir in the freshly grated ginger and sauté for about 2 minutes.
4. **Cook Bell Pepper:** Add the chopped red bell pepper and sauté until softened.
5. **Add Spices:** Sprinkle in the curry powder and smoked paprika, stirring to coat the ingredients. Cook for about 1 minute to release the flavors of the spices.
6. **Add Carrots and Sweet Potatoes:** Stir in the chopped carrots and diced sweet potatoes, ensuring they are well coated in the spice mixture. Sauté for about 90 seconds.
7. **Add Stock:** Pour in enough vegetable stock to cover the ingredients.
8. **Simmer:** Reduce the heat to low and let the soup simmer until the sweet potatoes and carrots are soft, about 1 hour.
9. **Finish with Coconut Milk:** For a creamier soup, stir in the coconut milk and let it cook for 3-5 more minutes.
10. **Season:** Add salt and pepper to taste.
11. **Blend:** Use an immersion blender to blend the soup until it reaches your desired thickness.
12. **Serve:** Ladle the soup into bowls.

Notes

- There's already some turmeric in the recipe from the curry powder, but if you have extra turmeric powder on hand, feel free to add a bit more for an extra anti-inflammatory boost—I would have done the same if I had some!
- For an extra touch, you can garnish your bowl of soup with chopped fresh parsley, roasted corn kernels, a sprinkle of paprika, or toasted pumpkin seeds.