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Sweet Potato Carrot Soup

Prep Time: 15 min. Cook Time: 30 min.

Ingredients

1 tbsp olive oil
1 small yellow onion, diced
1 large sweet potato, peeled and diced (approximately 1 cup)
6 medium carrots, peeled and diced
1-1/2 cups light coconut milk
1 cup low-sodium vegetable broth
1/2 tsp chili powder
1/2 tsp cinnamon
1/2 tsp turmeric
1/2 tsp cumin
1/2 tsp paprika
salt and pepper to taste
Optional: fresh cilantro, grated coconut, coconut cream

Directions

1. Heat olive oil in a medium pot over medium-high heat.
2. Once the pot is hot, sauté onions, sweet potato, and carrots for 8-10 minutes; stir occasionally.
3. Add the spices, coconut milk, and broth to the pot. Cook for another 5 minutes, then cool for 3-4 minutes.
4. Transfer to a blender and puree until smooth. (Always be careful blending hot ingredients. If they are too hot, they can blast the top off the blender, sending hot liquid in all directions.)
5. Place the blended ingredients back in the pot and warm for another 2-3 minutes.
6. Add a garnish of your choice and serve.

Servings: 4 servings

Serving Size: 1-1/2 cups per serving