

Two Whales Spicy Sweet Potato Soup

Serves Six

The Sweet Potato is one of the most nutritionally rich vegetables you can eat - high in calcium, potassium, vitamin C and vitamin A; it also has a low glycemic index. Sweet potatoes taste great, lending themselves to robust spices, whether fried, baked or, as here, in a Cajun inspired soup.

1 onion finely chopped

1tblspn olive oil

1tspn ground cumin

1tspn ground coriander

1tspn paprika

¼ - ½ tspn dried chilli flakes

4 medium sized, sweet potatoes: baked, cooled and peeled OR peeled, diced, tossed in oil and roasted until soft but not brown.

1 medium potato, peeled and diced

1½ litres vegetable stock

Heat the oil and fry on a low heat for 10 minutes, until onions are translucent but not brown. Add spices and cook for another 5 minutes. Put sweet potatoes, potato and stock into pan, bring to a boil and then simmer for 20 minutes. Cool and puree. Reheat and serve garnished with sour cream or a sprinkling of paprika.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.



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