

Roasted Sweet Potato Soup

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template approved



prep time
10 minutes



total time
40-50 min



servings
4-6



Ingredients

- 1 ½ pounds/675 grams sweet potatoes peeled and cut into ½ -inch pieces
~ 6 servings of carb
- 1 medium yellow onion coarsely chopped ~ 2 servings of veggies
- 2 medium carrots/400 grams or so peeled and cut into 1-inch pieces
~ 2 servings of carb
- 4 tablespoons extra-virgin olive oil
~ 4 servings of fat
- 1 teaspoon coarse salt
- ½ teaspoon black pepper
- 2 teaspoons cumin seeds crushed
- 3 cloves garlic minced
- 1 piece 2 inches fresh ginger, peeled and chopped
- 1 jalapeño seeded and chopped
~ ½ serving of veggies
- 4 cups chicken broth
- 1 14-ounce can coconut milk
~ 4 servings of fat
- 2 tablespoons fresh lemon juice
- 1 teaspoon ground coriander

simple soup

Instructions

- 1 Preheat the oven to 450°F.
- 2 Line a large rimmed baking pan with parchment paper. Combine the sweet potatoes, onion, and carrots in a large bowl. Drizzle with 3 tablespoons of the olive oil; toss to coat. Sprinkle with the salt, pepper, and cumin seeds; toss to combine.
- 3 Place on the baking pan. Bake for 20 to 25 minutes, until tender and beginning to brown.
- 4 Heat the remaining olive oil in a large pot over medium heat. Add the garlic, ginger, and jalapeño; cook for 1 minute. Stir in the broth, coconut milk, lemon juice, and coriander; bring to a boil. Carefully add the roasted vegetables. Remove from the heat.
- 5 Use an immersion blender to blend the soup in the pot. (Or let the soup cool briefly, then carefully transfer to a blender in batches. Cover and pulse a few times, then blend until smooth.)



Whole Recipe Breakdown:
0 servings protein
8 servings carb
8 servings fat
2.5 servings veggies

