

## **Curried Sweet Potato Coconut Soup (Winter Soup)**

*This is a wonderful soup, very warming and nutritious. Use organic ingredients when possible. Make it and freeze any extra for a quick meal on cold winter days.*

### **Ingredients**

1 1/2 lb sweet potato (or winter squash), baked and puréed  
1 large yellow onion, diced  
4 cloves of garlic, diced  
1/4 cup fresh ginger, finely grated (sounds like a lot, but it's fine)  
2 tbsp Sesame oil  
1 tbsp curry powder  
1 tsp cinnamon powder  
1 tsp turmeric powder  
1 tsp coriander powder  
1/2 tsp cumin powder  
6 cups vegetable stock  
1 can coconut milk  
1 tbsp maple syrup  
Pink Himalayan salt to taste  
Rainbow peppercorns, ground to taste

### **Directions**

Heat oil in a pot and sauté onions, garlic, and ginger until onions are golden brown.

Add spices.

Cook for another minute.

Mix in the puréed sweet potatoes.

Add stock and bring to a gentle boil.

Lower the heat to warm, cover, and cook to let the flavors develop.

Purée with a blender.

Stir in coconut milk, maple syrup, and heat on low.

Season to taste with salt and pepper.

Add a few tablespoons of water to thin if needed.

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