



The Gathered Green

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SWEET POTATO, CARROT & GINGER SOUP

Thank you to www.ohsheglows.com for the picture.

Serves 4-6

Ingredients

- 2-3 teaspoons coconut oil
- 1 medium brown onion, chopped
- 2 medium sweet potatoes, peeled and cut into cubes
- 3 large carrots, peeled and sliced
- 1 tablespoon grated fresh ginger
- 2 cloves garlic, minced
- 2 teaspoons curry powder
- 3 cups of chicken broth (home-made or additive free)
- Small bunch chives or parsley, finely chopped
- Extra virgin olive oil, for serving





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Method

Heat coconut oil in saucepan on medium high heat.

Add onions, sauté for 3 minutes until tender.

Add sweet potato, carrots, ginger, garlic and curry. Cook for 2 to 3 minutes.

Add broth. Bring to boil then simmer for 30 minutes, or until vegetables are tender.

Puree soup in two batches, using a blender or food processor.

Season with salt and black pepper to taste.

Serve with a small lug of extra virgin olive oil swirled over soup.

Sprinkle with chopped chives or parsley.

Enjoy!

Jane

