



## **Hearty Carrot and Sweet Potato Soup**

*Spices up that weekday supper*

- 1 Tablespoon olive oil
- 1 cup chopped red onion
- 1 cup peeled, diced fresh carrots
- 1 cup peeled, diced sweet potatoes
- 2 garlic cloves, minced
- 1 Tablespoon peeled minced fresh ginger
- 3-1/2 to 4 cups vegetable stock
- 1 teaspoon cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon mild paprika
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground red pepper or to taste

Swirl In: 1 cup plain Greek yogurt or lite sour cream

Garnish: chopped cilantro or parsley; favorite croutons; pumpkin seeds

Place oil in hot soup pot; add onions; sauté for 2 minutes; add carrots and potatoes; continue cooking for 3 minutes; add garlic & ginger; cook for 1 minute.

Add 3-1/2 cups vegetable stock and cumin, cinnamon, turmeric, nutmeg, paprika, salt and red pepper to taste. Bring to a boil; cover; reduce heat; cook until vegetables are tender, about 20 to 30 minutes. Add remaining vegetable stock for a thinner soup.

Using an immersion hand blender, puree until smooth. Drop spoonfuls of yogurt or sour cream into soup; swirl lightly through the soup. Serve soup garnished with chopped cilantro or parsley; top with croutons; sprinkle with pumpkin seeds. Serves: 4 to 6

**About the Recipe:** Fight off that winter weather with a hot spiced soup filled with golden sweet potatoes and carrots. Make it as mild or spicy as you like. The hearty soup is “cooled” down with swirls of yogurt or sour cream. Top each serving with chopped cilantro or parsley, crunchy croutons, and pumpkin seeds.