Moroccan Sweet Potato Soup



What You'll Need

› 1 tbsp olive oil
› 1/4 cup onions, chopped
› 1 medium to large sweet potato, peeled and cut into small pieces (1-2 inches)
› 1 clove garlic, chopped
› 1/2 tsp tumeric
› 1/2 tsp ground cumin
› 1/8 tsp ground coriander
› Pinch of cayenne pepper (optional)
› 2 1/2 cups chicken or vegetable broth
› 1 Red Sun Farms red pepper, seeded and cut into small pieces (about 1 inch)
› 1 Red Sun Farms Roma tomato, diced
› 2 cups baby spinach
› Juice of 1/4 lemon
› 1-2 tsp honey
› Sea salt and black pepper to taste (about 1 tsp sea salt and 1/2 tsp black pepper)
› 1/4 cup full-fat yogurt

Directions

1. Put a large saucepan on the stove on medium-high heat. Add the olive oil and onions. Lightly sauté for 2 minutes.
2. Add the sweet potatoes, garlic, turmeric, cumin, coriander, and cayenne (if desired) and continue to sauté for another 2 minutes. Stir frequently.
3. Add the broth and bring to a boil. Lower to a simmer and cook for 10 minutes or until the sweet potatoes are soft.
4. Puree the soup with a hand blender or transfer to a regular blender and blend until smooth.
5. Put the soup back on the stove and add the peppers. Bring to a boil again and lower to a simmer. Simmer for 5 minutes.
6. Add the tomatoes and spinach and heat thoroughly. Add the lemon juice and honey. Season with sea salt and pepper to taste.
7. Remove from the heat and add the yogurt.
8. Soup can be frozen for future use.