

# Sweet Potato Soup

9 ingredients · 50 minutes · 4 servings



## Directions

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1. Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for five to six minutes until the onions begin to soften. Stir in the salt and turmeric and continue to cook for another minute.
2. Add the sweet potato, cauliflower, carrot, and the remaining water to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender.
3. Remove the pot from the heat and use an immersion blender to blend until smooth. Season the soup with additional salt if needed. Divide the soup between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately equal to two cups of soup.

### More Flavor

Use vegetable broth instead of water. Add other dried herbs and spices.

### Sweet Potato

Two large sweet potatoes yields approximately five cups of sweet potato cubes.

### Cauliflower

Half a small cauliflower yields approximately three cups of florets.

## Ingredients

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- 1/2 Yellow Onion (large, chopped)
- 3 Garlic (large cloves, minced)
- 1 1/2 **tbps** Ginger (fresh, minced or grated)
- 7 **cups** Water (divided)
- 1 **tsp** Sea Salt
- 1 1/2 **tbps** Turmeric
- 2 Sweet Potato (large, peeled and cubed)
- 1/2 **head** Cauliflower (small, cut into florets)
- 2 Carrot (medium, peeled, and chopped)