

Coconut Ginger Sweet Potato Soup

By Leslee



Instructions:

- Heat a large pot over medium-low heat and add the olive oil.
- Stir in the onion and cook, stirring often, until it begins to caramelize and get golden brown, about 15 to 20 minutes.
- Stir in the garlic, ginger, salt and pepper.
- Cook for about 5 to 6 minutes until fragrant.
- Stir in the sweet potato cubes.
- Cook for another 5 minutes, stirring occasionally, until the sweet potatoes start to soften and get a little golden around the edges.
- Pour in the chicken stock and bring the mixture to a boil.
- Reduce it to a simmer, cover the pot and cook for 15 to 20 minutes, just until the sweet potatoes soften.
- Once the potatoes are fork tender, turn off the heat.
- Use an immersion blender or carefully pour the mixture into a regular blender, blending until pureed and smooth.
- Add in the coconut milk and blend again until smooth.
- Pour the mixture back into the pot.
- Taste it and season with more salt and pepper if needed.
- Heat over medium-low heat until warmed through.
- Serve with a drizzle of coconut milk and a sprinkle of green onions on top.

Ingredients:

- 2 tablespoons olive oil
- 1/2 yellow onion diced
- 2 garlic cloves minced
- 2 tablespoons grated fresh ginger (or 1/2 teaspoon ground ginger)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups peeled sweet potato cubes (I used purple ones for great antioxidants and color)
- 2 cups chicken broth
- 1 14-ounce can coconut milk
- 2 green onions thinly sliced for topping
- extra coconut milk or cream for drizzling