

# Recipe:

## SWEET POTATO SOUP

1 large sweet potato, chopped  
4 medium carrots, chopped  
1 large tomato, chopped  
½ onion, chopped  
1 can chicken broth  
1 can coconut milk (or 1 cup of milk)  
¼ cup sour cream  
¾ tsp curry powder  
small piece of ginger, grated  
1 lime, juiced  
zest from lime  
olive oil

Steam sweet potato and carrots until tender. In the meantime, cook onion in olive oil until soft, add chopped tomato. Add sweet potato, carrots and juice from the steamed vegetables. Use a Braun Whipper Snapper (not sure what they are called!) and puree all vegetables until smooth. Add everything else. Heat until hot, but not boiling.

Note: Rather than adding the sour cream and lime zest directly into the soup, you could put a dollop of sour cream on top of the soup and sprinkle with lime zest for a nice presentation.

Enjoy!