

Sweet Potato Coconut Soup



There's nothing like a good soup. This very simple, yet elegant recipe will have you going back for seconds.

Ingredients:

- 4 large sweet potatoes
- 1 tbsp coconut oil
- $\frac{1}{2}$ onion diced
- 2 cloves garlic minced
- 1 tbsp grated fresh ginger root (more if desired)
- 4 cups chicken broth
- 1 can full fat coconut milk
- Salt and pepper to taste
- Powdered ginger to taste (optional)

Directions:

Heat oven to 400F. Place sweet potatoes on cookie sheet and bake until tender (could take up to an hour). Allow to cool, remove skins (should easily come off) and set aside.

Heat coconut oil in large pot. Sauté onions, garlic and ginger until tender and fragrant. Add sweet potatoes and mix well (or even mash with potato masher). Add broth and bring to a boil for about 10 minutes.

Blend soup in blender until smooth (or use an emersion blender).

Place blended soup back into the pot and add coconut milk. Cook another 5 minutes. Add salt, pepper and additional

ginger to taste.

Serve immediately. Stores well in the fridge or even freezer.