



CURRIED SWEET POTATO (OR BUTTERNUT SQUASH) WITH LIME AND CILANTRO SOUP

This Indian-spiced soup gets its rich, creamy texture from pureed sweet potatoes, not heavy cream. Lime adds a nice bright note.

15 minutes

50 minutes

8 portions

INGREDIENTS

- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 4 cups, chopped of onions, raw [640 g]
- 1 tsp of salt, table [6 g]
- 2 cloves of garlic, raw [6 g]
- 2 tsps of spices, curry powder [4 g]
- 2 tsps of ginger root, raw [4 g] minced
- 10 grams of onion and garlic seasoning cube
- 2000 grams of sweet potato, raw or 2000 grams of squash, winter, butternut, raw
- 1/2 unit yields of lime juice, raw [22 g]
- 1/8 cup of coriander (cilantro) leaves, raw [2 g]

COOKING METHOD

- 1° Heat oil in a large nonstick pot over medium heat. Add onion and salt; cook, stirring often, until onion has softened, about 10 minutes. Add garlic, ginger, curry powder and garam masala; stir and cook for 1 minute.
- 2° Add broth and potatoes; bring to a boil. Reduce heat to medium-low; simmer until potato is soft, about 15 to 20 minutes. Puree soup in pot using an immersion blender [or transfer to a blender and puree in batches]. Stir in lime juice (if using) and serve each bowl garnished with cilantro. Yields about 1 cup per serving.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (338 g)	% DRI
ENERGY	64 kcal	215 kcal	11 %
FAT	1 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	104 mg	353 mg	15 %
CARBOHYDRATE	14 g	46 g	15 %
SUGARS	4 g	13 g	—
FIBER	2 g	8 g	31 %
PROTEIN	1 g	4 g	—