



V DF GF

SWEET POTATO SOUP



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
100 kcals 1g Fats
21g Carbs 2g Protein

Ingredients:

- 1 tsp. coconut oil
- 2 large sweet potatoes, peeled and chopped
- 2 carrots, peeled and chopped
- 1 red pepper, chopped
- 2 red onions, chopped
- 3 cloves garlic, sliced
- curly parsley, to serve
- 2 vegetable stock cubes

Preparation:

1. Heat the oil in a large pot and fry the onion and garlic for 3 minutes on low heat. Add in the sweet potato, carrot and bell pepper and cook for 5 minutes on high. Stir occasionally.
2. Add the water and the vegetable stock cubes, bring to boil and simmer the soup for 20 minutes.
3. Puree the soup with a hand blender, and season with salt and pepper.
4. Pour the soup in bowls and garnish with chopped parsley.

