



SPICY SWEET POTATO AND CHICKPEA SOUP

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 45 mins

Serves: 4



INGREDIENTS

- ¼ cup coconut oil
- 2 small onions
- 2 cloves garlic
- 2 tsp sweet paprika
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp pink salt
- 500g sweet potato, cut into small cubes
- 1 x 400g can chickpeas, drained & rinsed
- 1 x 400g can coconut milk
- Coriander and lime juice to garnish
- Coconut yoghurt on top to serve

METHOD

- Heat oil in large saucepan, over medium high heat.
- Add onion, garlic, paprika, cumin, coriander and salt and cook stirring 2 minutes.
- Add sweet potato and cook for 15 minutes while stirring.
- When browning, add chickpeas, coconut milk and refill can with water and add.
- Reduce heat and simmer for 30 minutes,
- Blend with stick blender and serve with coconut yoghurt, coriander and a squeeze of lime.