



SWEET POTATO AND GINGER SOUP

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 30 mins

Serves: 4



INGREDIENTS

- 3 tbsp olive oil
- 1 kg sweet potato, peeled and diced 1cm
- 1 large onion, peeled and roughly chopped
- 1 tbsp crushed fresh ginger
- 1 tsp pink rock salt
- 1 tsp black pepper
- 1 lt vegetable stock
- Coriander to garnish

METHOD

- In a large, heavy base saucepan, heat oil to medium high.
- Add sweet potato and onion and stir as it browns for 10 minutes.
- Add all other ingredients, and simmer for 20-30 minutes, until cooked.
- Blend with stick blender, and serve garnished with chopped coriander.
- Add more stock, water or coconut milk if desired.