



SWEET POTATO & CUMIN SOUP

A warming and nutritious soup
recipe, ideal for lunch!

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Nourish your mind, body and soul

SWEET POTATO & CUMIN SOUP

SERVINGS: 6

INGREDIENTS:

- 1 TBSP OLIVE OIL
- 900G SWEET POTATOES, PEELED AND CUT INTO CUBES
- 450G CARROTS, CUT INTO CUBES
- THUMB SIZED PIECE FRESH ROOT GINGER, PEELED AND GRATED
- 1 TSP GROUND CUMIN
- 1.4L VEGETABLE STOCK
- SALT AND PEPPER
- GREEK YOGHURT AND CHOPPED CHIVES TO GARNISH (OPTIONAL)
- FRESH WHOLEMEAL BREAD TO SERVE (OPTIONAL)



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METHOD:

1. Heat the oil in a deep saucepan, add the sweet potatoes, carrots, ginger and cumin and fry over a high heat, stirring, for 10 minutes.
2. Add the stock, bring to the boil, then season with salt and black pepper. Cover with a lid and simmer over a low heat for 20-30 minutes.
3. Carefully scoop out half the vegetables into a bowl using a slotted spoon. Whiz the remainder in a processor or blender until smooth, then return to the pan.
4. Add the reserved vegetables, bring to the boil again.
5. To serve, garnish with a swirl of yoghurt and some chopped chives.

Per average serving:

ENERGY
812 kJ / 193
kcal
10%

FAT
3.1G
3%

SATURATES
0.5G
4%

SUGARS
14G
16%

SALT
0.9G
15%

IMPORTANT INFORMATION

*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only.

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.

Contains: Celery