

## Sweet Potato Soup Recipe – Quick and Easy

This Sweet Potato Soup Recipe is quick and easy to make, will satisfy your taste for curry and perfect with mini naan bread. Soup can be served warm as well as cold.

### 4 Servings (as a starter)

**Preparation time:** 10 min

**Cooking time:** 15 min

### Ingredients:

- 2 sweet potatoes (2" dia, 5" long) peeled and chopped
- 3 celery stalks, chopped
- 1 carrot, chopped
- 200g (7 oz) swede, chopped
- 1 tbsp olive oil,
- 1 medium onion chopped,
- 60g (2 oz) Thai curry paste red or green
- 750mL (1.5 pints) hot vegetable stock
- 100mL (7 tbsp) reduced fat coconut milk
- Coriander for garnish – chopped



### Cooking Instruction:

1. Heat the oil in a large saucepan over a low heat for a few seconds then add the onion and cook until it is clear. Stir the curry paste and cook until fragrant. Add the sweet potato, celery, carrots, swede and stock, just enough to cover the vegetables, then bring quickly to the boil on high heat, lower the heat down, cover it and simmer for 10-15 min until vegetables are tender.
2. Remove the soup from the heat, let it cool down before whizzing in the food processor or blender until smooth. Return it into a clean saucepan, stir in coconut milk (more vegetable stock if needed), season to taste and heat gently until warm. Serve into warm bowls, sprinkled with chopped coriander leaves and warm naan bread.

## Sweet Potato Soup Nutritional Information

Nutritional information	
Nutrition Facts	
4 Servings	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 63
	% Daily Value *
<b>Total Fat</b> 7g	11%
Saturated Fat 3g	15%
Monounsaturated Fat 3g	
Polyunsaturated Fat 1g	
Trans Fat 0g	
<b>Cholesterol</b> 0g	0%
<b>Sodium</b> 287mg	12%
<b>Potassium</b> 356mg	8%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 6g	24%
Sugars 8g	
<b>Protein</b> 3g	
Vitamin A	113%
Vitamin B-12	0%
Vitamin B-6	13%
Vitamin C	19%
Vitamin D	0%
Vitamin E	6%
Calcium	4%
Copper	11%
Folate	3%
Iron	5%
Magnesium	3%
Manganese	17%
Niacin	7%
Pantothenic Acid	11%
Phosphorus	6%
Riboflavin	6%

Selenium	1%
Thiamin	7%
Zinc	2%
<p>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. The information provided here is approximate and does not include: possible substitutions, optional ingredients and ingredients to taste. How did we calculate it? Read more: <a href="#">Nutritional Value of Food and Recipes Guidelines</a></p>	

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