

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Curried Sweet Potato Ginger Soup

Serves 4-6

Ingredients:

2 tablespoons olive oil
1 onion, diced
3 carrots, sliced
2 cloves garlic, minced
2-inches fresh ginger, peeled, minced
1/4 teaspoon cayenne
1 tablespoon curry powder
4 sweet potatoes, diced into 1/2-inch cubes
4 cups vegetable broth
Kosher salt
Freshly ground black pepper to taste
Cilantro minced to garnish

Directions:

1. In a 5-quart saucepan, or Dutch oven, heat the olive oil over medium heat. Sauté the diced onion and carrots in the olive oil for about 7 minutes, or until the onion starts to become translucent. Add the minced garlic, ginger, cayenne and curry powder and sauté for an additional minute, or until nicely fragrant.
2. Add the sweet potatoes and broth to the pot, and bring to a boil. Once boiling, lower the heat to a simmer. Allow to cook for 2-250 minutes, or until the potatoes are quite tender.
3. Puree the soup with an immersion blender, or in batches in a blender or food processor. If you prefer a chunkier soup, use a potato masher to break up the larger chunks of potato and carrot.
4. Return pureed soup to the pot. Season with the salt and pepper according to taste. Serve with a generous garnish of cilantro.