

Creamy Caribbean Sweet Potato Soup

Ingredients:

- 2 Tbs olive oil
- 1/3 cup chopped shallots
- 2 Tbs finely chopped lemongrass or lemongrass paste
- 1 tsp. ground ginger
- 1 Tbs minced garlic
- 5 1/2 cup vegetable broth
- 12 cups chopped sweet potatoes (about 6 or 7 large potatoes)
- 2 tsp. salt
- 1/2 tsp. ground turmeric
- 1/4 tsp. black pepper
- 1/8 tsp. crushed red pepper, optional
- 1, 15 oz. can unsweetened coconut milk
- 3 Tbs lime juice (from 2 limes), divided
- toasted sliced almonds
- fresh cilantro

Heat oil in a large dutch oven over medium heat. Add shallots, lemongrass, ginger, and garlic. Cook, stirring often, until softened. Add broth, sweet potatoes, salt, turmeric, pepper, and red pepper. Bring to boil over medium-high heat. Reduce heat to medium-low and let cook until potatoes are tender.

Skim 1/4 cup thickened coconut cream from top of coconut milk. Add two tablespoons of lime juice and whisk. Set aside. Whisk together remaining coconut milk with remaining one tablespoon lime juice. Stir into soup.

When potatoes are tender, place soup (in batches) into a blender. Remove center piece of blender lid (to allow steam to escape). Secure lid, and cover opening with a towel. Puree each batch until smooth. Pour into bowls and drizzle with reserved coconut mixture. Top with almonds and cilantro. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

**"During these cold winter months, we all need
a little Vitamin Sea." - Me**