

Curried Carrot, Sweet Potato, and Ginger Soup

From – www.health.com

2 tsp canola oil
½ cup chopped shallots
3 cups (½-inch) cubed peeled sweet potato
1 ½ cups (¼-inch) sliced peeled carrots
1 Tbsp grated ginger
2 tsp curry powder
3 cups fat-free, less-sodium chicken broth
½ tsp salt

- Heat oil in a large saucepan over medium-high heat.
- Add shallots; saute 3 minutes or until tender.
- Add potato, carrots, ginger, and curry; cook 2 minutes.
- Add broth; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until vegetables are tender; stir in salt.
- Pour half of soup in a food processor; pulse until smooth. Repeat procedure with remaining soup.



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