



Sweet Potato & Zucchini Soup

Yield: 4 servings

INGREDIENTS

- 1 tsp oil
- 1 medium onion, diced
- 2 cloves garlic, diced
- 5 cups vegetable broth
- 1 medium zucchini, finely chopped
- 1 large carrot, finely chopped
- 2 large sweet potato, cut into small cubes
- 1/2 tsp dried rosemary (optional)
- 1/2 tsp dried basil (optional)
- 1/2 tsp curry powder (optional)
- 1/8 tsp black pepper, plus more to taste

Directions

1. In a large pot on high heat, sauté the onions in oil until the onions lightly caramelize, about 5 minutes. Meanwhile, prepare the other vegetables.
2. Once the onions are lightly browned, add the garlic, and sauté about 2 minutes.
3. Add the remaining ingredients (sweet potatoes, carrot, zucchini, vegetable broth and spices) to the pot, bring to a boil, then reduce to a simmer until the potatoes are cooked, about 20 minutes.
4. Blend about half of the soup and leave the remainder chunky. If you do not have a blender, mash some of the potatoes to thicken the soup.
5. Taste test, add more pepper if desired.

Notes

1. **Leftovers:** this recipe is great to prepare in bulk, portion, and freeze for later.
2. **Storage:** store in an airtight container in the fridge for up to 4 days. Store in an airtight container in the freezer for up to 2 months.