

## SWEET POTATO LEEK SOUP

NAME OF DISH

### INGREDIENTS

- \* 1 onion, chopped
- \* 3 cloves garlic, crushed
- \* 2 tsp ground cumin
- \* 1 tbsp vegetable oil
- \* 2 or 3 large leeks, top part removed, and softer part sliced in rounds
- \* 4 cups vegetable stock
- \* 4 sweet potatoes, peeled and chopped
- \* 1 can coconut milk
- \* Sea salt and freshly ground black pepper to taste

**A French classic, this potato leek soup is creamy, easy, quick, and delicious!**

**Yield:** 4 servings



### INSTRUCTIONS

**Step One:** Sauté the onions with the cooking fat in a large sauce pan over a medium heat for few minutes. Stir frequently to prevent the onions from burning.

**Step Two:** Add the garlic and leeks to the pan and cook for approximately 3-4 minutes to allow everything to soften. Sprinkle in the cumin and combine well.

**Step Three:** Add the stock and the sweet potatoes. Bring to a boil and allow to simmer for approximately 10-15 minutes, or until the sweet potatoes are soft.

**Step Four:** Remove the soup from the heat and slowly mix in the coconut milk. Season with salt and pepper to taste. Puree the soup in a blender and serve.

RECIPE COURTESY OF SHARA AARON FROM ST. MARY MEDICAL CENTER

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