

Roasted Sweet Potato Soup

Velouté de patate douce rôtie

35 min

Easy

260 kcal per serving

Lunch

Dinner

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Sweet potato (<i>Patate douce</i>)	400 g
Onion (<i>Oignon</i>)	1
Garlic (<i>Ail</i>)	2 cloves
Vegetable broth (<i>Bouillon de légumes</i>)	500 ml
Coconut cream (<i>Crème de coco</i>)	50 ml
Cumin (<i>Cumin</i>)	1 tsp

Nutrition facts

PER SERVING

Calories	260
Protein	5 g
Carbohydrates	44 g
Fat	8 g
Fiber	7 g

Preparation

- 1 Peel the sweet potato and onion, then cut both into small pieces. Peel and mince the garlic.
- 2 Spread the sweet potato, onion, and garlic on a baking tray, sprinkle with cumin, salt, and pepper, and add a little water if needed to keep from drying out. Roast until the vegetables are tender.
- 3 Transfer the roasted vegetables to a pot. Add the vegetable broth and enough water to just cover the vegetables.
- 4 Bring to a gentle boil, then lower the heat and simmer for a few minutes so the flavors combine.
- 5 Blend the soup until smooth using an immersion blender or a regular blender in batches.
- 6 Stir in the coconut cream and warm the soup gently without boiling. Taste and adjust with salt and pepper.
- 7 Ladle into bowls and serve hot.

GOOD TO KNOW

For a smoother soup, blend longer and add a little more water if it feels too thick.