

Sweet Potato Soup

Last Updated Wednesday, 24 April 2019 11:12



A tasty and warming alternative to haleem

Ingredients:

1 carrot, peeled and diced

The white part of a leek only, diced

1 tsp crushed garlic

2 tsp fresh ginger, finely chopped

1 tsp chilli paste

1 tsp dhana jeero

¼ tsp turmeric

Sauté the above ingredients in a little oil until the leek is soft.

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5 cups vegetable stock

2 cups diced sweet potato (preferably the orange variety)

2 sweet variety apples diced

½ cup apple / grape juice

Method:

Add the above ingredients.

Bring to a boil then simmer until the vegetables are soft.

Liquidize until smooth.

Taste and add salt and pepper accordingly.

Note: If you use purple sweet potatoes your soup will not be orange in colour but will taste fine.