

# SPICE + LEAF



## Vegan Sweet Potato & Carrot Soup with Indian Curry

By Debbie Kornberg

This soup recipe is a great way to meal prep and feel like you are having a full meal not to mention a great dish to cozy up next to the fire. If that was not enough, sweet potatoes are a super healthy root vegetable packed with vitamins & minerals.

(Serves 2-4)

### INGREDIENTS:

2 Tbsp. vegan butter (Trader Joe's has a great vegan butter) Can also use regular butter to make it dairy.  
1 Medium onion, chopped  
1 1/2 tsp. SPICE + LEAF Indian Curry Blend (coming soon)  
8oz Carrots, peeled and chopped into 1-inch pieces  
12oz Sweet potatoes, peeled, chopped into 1-inch pieces  
4 Tbsp. SPICE + LEAF Vegan Soup Powder  
4 cups water  
Salt to taste  
1/2 Honeycrisp apple, peeled and chopped finely (or other seasonal tart & sweet apple)  
1 Heaping Tbsp. The Spice Way Wildflower Honey (available in-store)  
Pinch of SPICE + LEAF Sumac  
Pinch of Sweet Paprika

### INSTRUCTIONS:

1. In a large pot, over medium heat, melt butter.
2. Add onions and sauté for 5-8 minutes until they become translucent.
3. While onions are sautéing, take 4 Tbsp. of Vegan Soup Powder and place in another pot with 4 cups water and bring to a boil. Keep on simmer until ready to use. This will become your soup broth.
4. Add Indian Curry blend and cook for 1-2 minutes so flavors can marry together.
5. Add sweet potatoes and carrots to onions and add vegetable soup broth.
6. Let cook for 20 – 30 minutes until everything is tender.
7. Place soup in blender, add chopped apple and honey and let it sit for 15 minutes. (Don't blend while soup is still hot. It could become a hot mess in your kitchen.)
8. Once soup has cooled, mix and blend until everything has emulsified.
9. Pour soup into bowls & finish with sumac and Sweet Paprika. If you prefer spicy, add SPICE + LEAF Aleppo pepper.

Enjoy and Spice On!

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