



Sweet Potato Soup

A tasty sweet potato soup flavoured with traditional Caribbean spices.

Serves : 4
Preparation Time : 5 minutes
Cooking Time : 30 minutes

Ingredients

2 stalks celery, chopped
2 leek, chopped
2 cloves garlic, chopped
2 tbsp vegetable oil
1 - 1 1/2lb / 450 - 675g sweet potatoes (2 large potatoes) peeled and chopped
2 pints / 1.1 litres vegetable stock
6 oz / 175g ground almonds
5 fl oz / 1/4 pint / 150g milk

Herbs & Spices

1/2 tsp or to taste Chilli Ground
1 tsp Coriander Ground
1 tsp Cumin Ground
2 tsp Poudre de Colombo
2 inches Cinnamon Sticks or 1/4 tsp Cinnamon Ground

Cooking Instructions

Heat the oil in a large pan over a medium heat. Add the onion, celery, leeks and garlic and fry for 5 minutes until onion is tender. Add the sweet potato, stir well and put a lid on. Turn the heat down low and allow to gently cook for 15 minutes. Take care it doesn't catch on the bottom.

Add the spices, stir well and cook for a further 2 minutes. Add the stock, turn up the heat to bring to the boil and allow to simmer until the sweet potatoes are soft through (approx 10 minutes).

Add the ground almonds and the milk, and then blend until smooth and serve.