

Recipe

SWEET POTATO & ZUCCHINI SOUP



▶ ▶ Vegan, gluten-free, refined sugar-free, nut-free

Yield: 4 servings

Prep Time: 10 min

Cook Time: 30 min

Total Time: 40 min

INGREDIENTS

- 1 tsp olive oil
- 1 medium onion, diced*
- 2 cloves garlic, diced*
- 1 leek, green dark green leaves removed, finely diced*
- 1.5 vegetable bouillon cubes
- 5 cups water
- 1 medium zucchini, finely chopped*
- 1 large carrot, finely chopped*
- 1 medium yellow potato, cut into 1 cm cubes
- 1 large sweet potato, cut into 1 cm cubes
- 1/2 tsp dried rosemary
- 1/2 tsp dried basil
- 1/2 tsp curry powder (optional)
- 1/8 tsp black pepper, plus more to taste
- fresh basil for garnish (optional)

DIRECTIONS

1. In a large pan on high heat, sauté the onions in oil until the onions lightly caramelize, about 5 minutes. Meanwhile, prepare the other vegetables.
2. Once the onions are lightly browned, add the garlic, leek and 2 Tbsp water. Sauté until the leeks soften, about 2 minutes.
3. Add the remaining ingredients to the pot, bring to a boil, then reduce to a simmer until the potatoes are cooked, about 20 minutes.
4. Using an immersion blender, blend some of the soup but allow some chunks to remain. Alternatively, you can use a blender in which case blending about half of the soup is recommended.
5. Taste test, add more pepper if desired, plate, garnish, and serve while hot.

NOTES

1. ***Speed-it-up:** using a food processor to coarsely dice or chop these vegetables significantly shortens the preparation time. At least half of the soup will be pureed anyway, so these veggies don't need to be cut perfectly.
2. **Leftovers:** this recipe is great to prepare in bulk, portion, and freeze for later.
3. **Storage:** store in an airtight container in the fridge for up to 4 days. Store in an airtight container in the freezer for up to 2 months.

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