

Foodnity Recipes

Roasted Sweet Potato Soup

15 min Prep time	**45 min** Cook time	**1 h** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For Roasting

- [ ] 3 lbs sweet potatoes, peeled and cubed
- [ ] 1 medium yellow onion, quartered
- [ ] 3 tbsp olive oil
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper

For the Soup Base

- [ ] 4 cups vegetable broth
- [ ] 1 tbsp fresh ginger, minced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup full-fat coconut milk
- [ ] 1 tbsp maple syrup
- [ ] 1 tsp smoked paprika

Instructions

1. Preheat your oven to 400°F. Toss the cubed sweet potatoes and quartered onions on a large baking sheet with olive oil, salt, and pepper. Spread them out well—don't crowd them or they won't brown.
2. Roast for 30-35 minutes, giving the pan a little shake halfway through, until the potatoes are tender and those edges are a lovely golden brown.
3. In a large pot over medium heat, sauté the minced garlic and ginger for about a minute just until you can smell them. Don't let the garlic burn; it gets bitter quickly.
4. Add the roasted potatoes and onions into the pot along with the vegetable broth and smoked paprika. Bring it to a gentle simmer for 5-10 minutes to let the flavors mingle.
5. Use an immersion blender to blend the soup until smooth. If you're using a traditional blender, do it in batches and be very careful with the hot liquid.
6. Stir in the coconut milk and maple syrup. Taste it. Does it need more salt? A bit more pepper? Adjust it until it feels right to you.

Nutrition per serving

280 kcal	5 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a bit of heat, a pinch of cayenne pepper added with the paprika is lovely.
- For a thicker soup, use less broth during the initial simmer.
- To make it a full meal, serve with a slice of toasted sourdough or some crusty rye bread.