

Coconut Lime Sweet Potato Soup

You'll be pleasantly surprised by how flavorful a few ingredients can be in this tropical-inspired soup!

Makes 4 servings
Price Per Serving: \$0.94
Prep Time: 7 minutes | Cook Time: 45 minutes

- 2 lbs sweet potatoes
- 1 medium yellow onion
- 2 inch piece ginger root
- 2 tbsp olive oil
- ½ tsp salt
- ½ tsp pepper
- 1 13.5 oz can light coconut milk
- 1 medium lime, juiced
- Dash of hot sauce (optional)



Ingredients ready to be blended

Preheat oven to 450. Peel sweet potatoes and cut into 1/2 inch cubes. Peel onion and roughly dice into 1/2 inch pieces. Peel ginger and cut into 1/4 inch thick slices. Toss sweet potatoes, onion, and ginger with 2 tbsp olive oil, 1 tsp salt and 1/2 tsp of pepper. Place on a baking sheet and roast for 45 minutes, until sweet potatoes are soft and onion is golden. Remove from oven and allow to cool for 3 minutes. Place roasted sweet potatoes, onions, and ginger into blender with 1 can of coconut milk, lime juice, and hot sauce if using. Blend until smooth (may have to do this in separate batches depending on size of blender). If soup is too thick, add water 1/2 cup at a time until soup reaches desired consistency. Soup is ready to serve immediately, or can be stored in refrigerator and reheated for up to 3 days.

Nutrition Facts	
Serving Size 196 g	
Amount Per Serving	
Calories 197	Calories from Fat 87
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 335mg	14%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Sugars 8g	
Protein 2g	
Vitamin A 357%	• Vitamin C 34%
Calcium 5%	• Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	