



Roasted sweet potato and ginger soup garnished with cilantro and flaked coconut.

COOK TIME: 60 MIN

PREP TIME: 15 MIN



[PRINT RECIPE](#)

Ingredients

- 2 large sweet potatoes or yams
- 8 oz pumpkin pie filling[†]
- 1 medium-sized shallot or ½ sweet onion
- 1 cup coconut milk
- 3 cups low-sodium vegetable stock
- ½ tsp turmeric
- 1 tbsp fresh ginger
- ¼ tsp nutmeg
- ¼ tsp cumin
- ¼ tsp paprika
- Salt and pepper, to taste
- Olive oil, as needed
- Garnish, as desired

Roasted Sweet Potato and Ginger Soup

Directions

Preheat oven to 425° F.

1. Chop sweet potatoes into cubes or buy them already cubed. Slice shallot or sweet onion in half.
2. Toss cut vegetables in olive oil, salt, pepper, cumin, nutmeg, turmeric and paprika until evenly coated. Spread across a parchment paper-lined baking sheet for easy clean up.
3. Roast for about 35 to 45 minutes, tossing occasionally until browned. Sweet potato should be firm yet tender.
4. Add roasted sweet potato, shallot, pumpkin, ginger, 1 ½ cups vegetable stock and 1 cup coconut milk to blender. Blend until smooth.
5. Transfer mixture to medium-sized saucepan and warm over medium heat until soup comes to a light simmer.
6. Add in remaining vegetable stock. Continue to simmer, stirring occasionally to combine ingredients. Adjust seasonings to taste with salt and pepper as needed.

Serve hot, chilled or at room temperature.

Yield: 4 servings

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

* Calories per serving: 253 with coconut milk (180 with light coconut milk)

[†] May also be substituted with a small- to medium-sized fresh pumpkin. Cut open, remove seeds, dice and roast with sweet potatoes.