

# a bushel and a peck

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recipes from an ambitious home cook

## Curried Sweet Potato & Carrot Soup

Soup:

3 large sweet potatoes, cut into ½ inch cubes

2 shallots, sliced

1 pound carrots, cut into ½ inch chunks

6 cups vegetable broth (use good quality broth, and be sure it's low sodium)

2-4 teaspoons curry powder

salt and pepper to taste

Serve with pistachios, croutons,\*\* and a swirl of Greek yogurt and olive oil

In a large, heavy bottomed pot, heat some canola, grapeseed or olive oil until shimmering. Cook the shallots until transparent and fragrant. Pour the cubed sweet potatoes and carrots into the pot along with the curry, salt, and pepper. Toss everything around, then pour in the vegetable broth. Bring the broth to a simmer, cover, and let cook for 20 minutes or until the potatoes are soft.

If you have an immersion blender, use that to purée the soup while still in the pot. If not, use a blender to purée the soup in batches. Return it to the pot and check the seasoning. Add salt and pepper as needed.

Serve in bowls with homemade croutons, pistachios, Greek yogurt and olive oil.

\*\*To make homemade croutons, cut a loaf of fresh or slightly stale bread into cubes (½ inch square), toss them with olive oil (and some grated parmesan!), then bake them at 350 degrees F for around 20 minutes or until crispy.

This soup freezes excellently; I usually put it into pint-sized mason jars and freeze them. It's easy to grab one from the freezer and heat it up in the microwave at lunchtime. It'll be as creamy the second time around!