One Green Planet

SWEET POTATO AND RED PEPPER SOUP
(Alison Corey)

Ingredients:

- 2 cups cubed sweet potato (about 2 whole sweet potatoes
- 1 red pepper
- 1 small white or purple onion
- 1 cup chopped carrots
- 3 cloves garlic
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes (optional)
- 1/4 cup chopped cilantro (optional)
- 2 tbsp chopped cashews or other nut (optional)

Instructions:

- Bring a 5 quart pot of water to a boil. Peel and dice the sweet potatoes. Chop the carrots, red pepper, and onion. When water comes to a boil, add sweet potatoes and carrots. Cover and simmer for 15 minutes or until carrots and sweet potatoes are soft and easily pierced with a fork.
- While sweet potatoes and carrots are boiling. Sauté onions in 1/4 cup of vegetable broth until softened. Add red peppers and sauté for an additional 2 minutes. Add garlic and sauté for an additional minute.
- When sweet potatoes and carrots are done, drain water, and add to the pot with the onions and red peppers. Pour the remainder of the vegetable stock over the vegetables. Bring to a boil.
- Turn off heat. Add spices. If using an immersion blender. Puree the soup until smooth. If using a high speed blender, pour the contents of the pot into the blender and puree until smooth.
- Serve in bowls garnished with cilantro, chopped cashews or other nut, and red pepper flakes. Enjoy!

From the website: "One Green Planet is your online guide to making conscious and compassionate choices that help people, animals and the planet."









One Green Planet has all plant-based recipes but some use oil or vegan processed foods as ingredients. You can adapt recipes to be WFPB, or choose recipes that already are WFPB like the one featured here.