

Indian Sweet Potato Soup

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-style-chicken-soup-recipe>

Ingredients:

- 3 sweet potatoes medium to large peeled and chopped
- 2 cloves garlic chopped
- 2 tablespoons olive oil
- ginger a thumb size of, chopped
- 1 can coconut milk
- 1 container chicken /veg broth, 2 1/2 cups
- 1 onion chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon red pepper flakes more if you like
- 1 tablespoon yellow curry powder
- 1 tablespoon Garam Masala
- salt to taste
- cilantro
- chives
- green onions
- soup

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 32 grams
3. Fat: 31 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. SaturatedFat: 22 grams
7. Sodium: 270 milligrams
8. Sugar: 8 grams

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