

Curried Sweet Potato Soup

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potato-and-swiss-cheese-peas-recipe>

Ingredients:

- 2 tablespoons coconut oil
- 1 onion chopped
- 2 cloves garlic minced
- 1 tablespoon Madras curry powder
- 2 sweet potatoes medium, chopped into cubes
- 1/2 cup peas can be frozen
- 1 can lite coconut milk 2 cups
- 4 cups broth veggie, less for a thicker consistency, more for thicker
- 2 tablespoons brown sugar
- 1 lime juicy
- 3 handfuls spinach
- salt
- 1 handful chopped cilantro for garnish, optional
- 3 pinches red pepper flakes

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 35 grams
3. Fat: 32 grams
4. Fiber: 7 grams
5. Protein: 10 grams
6. SaturatedFat: 27 grams
7. Sodium: 1040 milligrams
8. Sugar: 13 grams

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