Sweet Potato & Apple Soup

Recipe by Chef Tim of the Vista Room

INGREDIENTS

1 onion, diced
1 carrot, peeled and diced
2-3 cloves garlic
1 Tbsp olive oil
1-2 tsp curry powder (or to taste)
2 lbs sweet potatoes, peeled and diced
2 apples (tart, green apples work really well but red apples are good too), peeled, cored, and diced
4 cups chicken or vegetable stock
Either 1 russet potato, washed, peeled and diced, OR ½ cup rice (to thicken the soup)
Chopped cilantro

DIRECTIONS

1. Cook the onion and carrot in the olive oil on low heat for several minutes, until the onion is translucent, but not brown.
2. Add the garlic and stir for a couple seconds (garlic burns easily).
3. Stir in the curry powder and allow to toast until fragrant.
4. Stir in the sweet potatoes and apples and immediately add the chicken or vegetable stock with either the potato or the rice (the starches break down and give it texture when pureed).
5. Bring to a boil, season to taste and allow to simmer for 30-40 minutes until all the vegetables are soft.
6. Allow to cool, then carefully puree in a blender.
7. Adjust the seasoning to taste.
8. Garnish with chopped cilantro.
9. This can easily be thinned out with either a little cream or coconut milk to desired texture if needed.
10. Store leftovers in an air-tight container in the refrigerator and enjoy or freeze within 4 days.

NOTE: Do not worry about how well the vegetables, roots and fruit are cut--the soup will be pureed in a blender when done.