



Delicious and sweet, this soup is an excellent soup as the days get slightly colder. Both carrots and sweet potatoes are extremely healthy vegetables that are high in nutrients (see below). The spices add a warm note and the healthy fibres promote a feeling of fullness, helping you feel good from the inside out.

Healthy Carrot and Sweet Potato Soup

Ingredients

- 2 cups grated carrots
- 2 cups grated sweet potato
- 1 onion, chopped
- 1/4 cup unsalted butter
- 1 teaspoon turmeric
- 1 teaspoon ginger
- 1 tablespoon Kosher salt
- 1 teaspoon ground pepper
- 3 cups stock*
- 1 cup 35% cream

Instructions

Cook the onions with the butter over medium heat until translucent (approximately 3 minutes). Add the carrot, sweet potatoes, and spices and toss to blend the spices evenly. Cook for an additional 5 minutes, stirring constantly to avoid the carrots and sweet potatoes sticking to the bottom. Add the stock (*chicken or vegetable for a vegetarian option) and stir. Cook until the stock has been reduced by half (approximately 30 minutes).

Add the soup to a food processor and pulse until smooth. Return to the heat and add the cream. Cook for an additional 15 minutes. Serve warm with toasted bread.

Serves 6 to 8.

How healthy is this soup for you? Sweet potatoes are high in fiber and antioxidants, which promote a healthy gut, support healthy vision, support your immune system, and enhance your brain function. The fiber in carrots can help keep blood sugar levels under control and help give you a full feeling. They are loaded with vitamin A and beta-carotene that help to lower your risk of diabetes. Good for your bones, they are loaded with calcium and vitamin K.