

Sweet Potato & Carrot Soup

Swick

Makes 3 servings | Active Time: 30 minutes | Total Time: 35 minutes

Chef's Notes

Fresh Ginger: To keep fresh ginger readily available, buy a few knobs and store them in your freezer, wrapped tightly in plastic wrap. Peel and grate while still frozen and return the unused portion to the freezer.

Roasted Shelled Pumpkin Seeds: Pumpkin seeds are often sold as “pepitas” when they’re shelled.

Step 1: Make the Soup

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| <ul style="list-style-type: none">• 1 1/2 lbs sweet potatoes, peeled & cut into chunks (≈6 cups) | In a saucepan over medium-high heat, combine sweet potatoes, carrots, vegetable broth, 1 1/2 cups water, red onions, ginger, and garlic. Bring to a boil. |
| <ul style="list-style-type: none">• 1 1/2 lbs carrots, peeled & cut into chunks (≈4 1/2 cups) | Reduce heat to medium-low. Simmer, covered, until vegetables are tender, about 18 minutes. Do not drain off liquid. Add vinegar and miso to pot. Remove from heat. |
| <ul style="list-style-type: none">• 3 cups low-sodium vegetable broth | |
| <ul style="list-style-type: none">• 1 1/2 red onions, sliced (≈1 1/2 cups) | Using an immersion blender, blend soup until smooth (or desired consistency). Add additional water, if needed, to reach desired consistency. |
| <ul style="list-style-type: none">• 1 1/2 tablespoons fresh ginger grated | |
| <ul style="list-style-type: none">• 4 1/2 cloves garlic minced (≈1 1/2 tablespoons) | Serve warm. Top with roasted sunflower seeds, cilantro, and red onions. |
| <ul style="list-style-type: none">• 3 tablespoons brown rice vinegar | |
| <ul style="list-style-type: none">• 1 tablespoon mellow white miso | |
| <ul style="list-style-type: none">• 1/4 cup roasted shelled pumpkin seeds | |
| <ul style="list-style-type: none">• 3 tablespoons fresh cilantro (optional) chopped | |
| <ul style="list-style-type: none">• 1/5 red onion, cut into slivers (≈3 tablespoons) | |