

Sweet Potato Soup – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 35 minutes
Total Time: 45 minutes

Serving Size: 6
Calories per serving: 164
Fat per serving: 0

Ingredients

- 7 cups water
- 1 large cauliflower head
- 3 medium sweet potatoes, peeled
- 1 small red onion, diced
- 2 cloves garlic
- 1/2 teaspoon masala

Instructions

1. Preheat oven to 375° F. Cut cauliflower into small pieces, and sweet potatoes into 1" pieces.
2. Place cauliflower on baking sheet and bake until golden and tender, about 25 minutes.
3. Meanwhile, in a large pot boil water, sweet potatoes, garlic, onion and masala. Stir occasionally and reduce heat. Keep boiling until sweet potatoes are tender.
4. Add the cooked cauliflower and stir for another 2 minutes, then remove from heat.
5. Divide soup in half. Blend one half in a food processor until smooth.
6. Pour the blended part with the other half, stir and serve.

Notes

Nutrition facts (per serving): Calories: 164, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 87mg, total carbohydrate: 40g, fiber: 7g, sugar: 9g, protein: 5g.