

2 Soup Swap Soups

Roasted Curry Sweet Potato Soup

MAKES 6 SERVINGS • PREP TIME: 15 minutes • COOK TIME: 20 minutes

3 pounds orange-fleshed sweet potatoes, peeled and diced into 1-inch cubes

3 tablespoons extra-virgin olive oil

Sea salt

1 tablespoon curry powder

½ teaspoon ground turmeric

½ teaspoon freshly ground black pepper

6 to 8 cups Magic Mineral Broth (page xx)

1 teaspoon freshly squeezed lime or lemon juice

Preheat the oven to 400°F and line a baking sheet with parchment paper.

Toss the sweet potatoes with the olive oil, 1 teaspoon salt, the curry, turmeric, and pepper until they're evenly coated. Place the sweet potatoes in a single layer on the prepared pan and roast for 20 minutes, or until tender.

Pour ⅓ cup of the broth into a blender, add one-third of the roasted potatoes, and blend until smooth, adding more liquid as needed. Transfer to a soup pot over low heat and repeat the process two more times.

Stir in the lime juice, and any remaining broth, along with ¼ teaspoon salt before serving. Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

SOUP NOTES

- Mix it up with both blended (smooth) and traditional (chunky) soups.
- Garnish with chopped herbs
- Garnish blended soups with toasted nuts or seeds or other crunchy toppings to add some texture.
- Each time you make a soup, freeze some in single portions for future meals.
- Soup is the best thing to have in between heavy holiday meals and parties.
- Soups makes a great, caring gift!

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Cozy Lentil Soup with Delicata Squash

MAKES 6 SERVINGS • PREP TIME: 20 minutes • COOK TIME: 35 minutes

2 tablespoons extra-virgin olive oil
1 yellow onion, diced small
Sea salt
2 carrots, peeled and diced small
2 celery stalks, diced small
1 medium delicata squash, peeled, seeded, and cut into ½-inch cubes
1 teaspoon curry powder
½ teaspoon ground cumin
½ teaspoon ground turmeric
¼ teaspoon ground coriander
¼ teaspoon ground cinnamon
Pinch of red pepper flakes
1 cup dried green lentils, rinsed well
8 cups **Magic Mineral Broth** or store bought organic vegetable broth
1 cup tightly packed, stemmed, and thinly sliced kale

Heat the olive oil in a Dutch oven or heavy soup pot over medium heat. Add the onion and a pinch of salt and sauté until translucent, about 4 minutes. Add the carrots, celery, delicata squash, and another pinch of salt and sauté until all of the vegetables are just tender, about 5 minutes.

Add the curry powder, cumin, turmeric, coriander, cinnamon, ¼ teaspoon of salt, and red pepper flakes and give a stir. Add the lentils and stir to coat. Pour in ½ cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half. Add the rest of the broth. Increase the heat to high and bring to a boil. Decrease the heat to low, cover, and simmer until the lentils are tender, about 20 to 25 minutes.

Taste; you may want to add a pinch of salt. Stir in the kale and cook until it's tender, about 3 minutes.

VARIATION: Substitute fennel, which is a good digestive aid, for the celery to add more depth to the flavor.

COOK'S NOTE: If you have trouble finding delicata squash, use its cousin, butternut squash.