



Spiced Sweet Potato and Red Pepper Soup

In the bag:

- Onion
- Garlic
- Sweet potato
- Celery
- Red pepper
- Chilli
- Spice bag
- Creamed coconut
- Vegetable stock cube/s

You'll also need:

- Chopping board
- Sharp knife
- Grater (optional)
- Medium sized pot with lid
- Wooden spoon
- Blender or stick blender (optional)
- A dash of vegetable oil
- 1 Litre cold water

Method:

You can finely chop or grate the vegetables for this soup or roughly chop then blend once it's cooked.

- Prepare the vegetables: peel and chop the **onion** and **garlic** and **sweet potato**, wash and chop the **celery** and **red pepper**. Slice the **chilli** down the middle and scoop out the seeds before chopping
- Heat **oil** in the pot over a low heat – add the **onion** and fry gently until soft
- Add the **celery** and fry for a further minute or two
- Add the **garlic** and the contents of the **spice bag** followed by the **sweet potatoes**, the **red pepper** and the **chilli** then squeeze in the sachet of **creamed coconut**
- Sprinkle in the **stock cube** and add 1 Litre water – mix the soup well
- Turn the heat up and bring the mixture to a bubble before reducing the heat, covering the pot and cooking for at least 30 minutes – stir occasionally and add a little water if the soup becomes too dry
- If you like a smoother soup finish by blending

More about your Sweet Potato, Coconut and Chilli Soup

This soup can be served chunky or smooth depending on your taste.

You can add red lentils or a can of beans such as chickpeas to make this soup even more nutritious and filling.

Add a handful of fresh herbs at the end such as fresh coriander or parsley.

This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake

#AtLeastFiveADay

#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 1 medium onion
- 2 sticks celery
- 2 cloves garlic
- 1 large or 2 small sweet potatoes
- 1 red bell pepper
- Teaspoon each of paprika and turmeric
- 1 red chilli pepper
- 50g creamed coconut
- Vegetable stock cube/s (2 Oxo or 1 Knorr)

Make it in the slow cooker?

Just put all the ingredients in the slow cooker and cook on:

- high for 4 hours or
- low for 6 hours

#SpiceNotSalt

#CookOnceEatTwice

#CommunityCooking