

CURRIED CARROT, GINGER, & SWEET POTATO SOUP

Ingredients

2 teaspoons canola oil
1/2 cup chopped shallots
3 cups (1/2-inch) cubed peeled sweet potato
1 1/2 cups (1/4-inch) sliced peeled carrots
1 tablespoon grated ginger
2 teaspoons curry powder
3 cups fat-free, less-sodium chicken broth
1/2 teaspoon salt

Preparation

Heat oil in a large saucepan over medium-high heat. Add shallots; saute 3 minutes or until tender. Add potato, carrots, ginger, and curry; cook 2 minutes. Add broth; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until vegetables are tender; stir in salt.

Pour half of soup in a food processor; pulse until smooth.
Repeat procedure with remaining soup.