

# Sweet Potato Soup



## Serves 6

2 tsp vegetable oil  
1 onion, diced  
1 tbsp finely chopped fresh ginger  
1 tbsp vegan Thai red curry paste  
1 tsp salt  
660g /1 lb 7 oz sweet potatoes,  
diced  
400ml/14 fl oz canned reduced-fat  
coconut milk  
1 litre/1¾ pints vegan stock  
Juice of 1 lime  
30g/1 oz finely chopped fresh coriander,  
to garnish



Recipe from  
'100 Everyday  
Recipes: Vegan' part of  
Parragon Books' range  
of Love Food cookbooks:  
[www.parragon.com/  
lovefood](http://www.parragon.com/lovefood)

**1** In a large, heavy-based saucepan, heat the oil over a medium-high heat. Add the onion and ginger and cook, stirring, for about 5 minutes or until soft.

**2** Add the curry paste and salt and cook, stirring, for a further minute or so. Add the sweet potatoes, coconut milk and stock and bring to the boil. Reduce the heat to medium and simmer, uncovered, for about 20 minutes or until the sweet potatoes are soft.

**3** Purée the soup, either in batches in a blender or food processor or using a hand-held blender. Return the soup to the heat and bring back up to a simmer. Just before serving, stir in the lime juice.

**4** Serve hot, garnished with coriander.

For more information go to [vegansociety.com](http://vegansociety.com). Our website provides all of the resources needed to make the transition to a vegan lifestyle. Discover more great recipes, find out more about veganism, and begin your vegan journey today!

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### The Vegan Society

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