



# RECIPES

## Creamy Carrot and Sweet Potato Soup

### INGREDIENTS:

4 tablespoons unsalted butter  
2 medium yellow onions  
1 tablespoon curry powder  
1 pound carrots, chopped into 1-inch pieces  
1 ½ pounds sweet potatoes (about 2 small), chopped into 1-inch pieces  
6 cups low sodium chicken broth  
1 tsp salt  
1 tart yet sweet apple (such as Honeycrisp or Fuji), chopped  
2 tablespoons honey  
Freshly ground black pepper

### INSTRUCTIONS:

1. In a large pot melt butter over medium heat. Add onions and cook, stirring frequently, until soft and translucent, about 10 minutes. Do not brown. Add curry powder and cook a minute more.
2. Add carrots, sweet potatoes, chicken broth and salt and bring to a boil. Cover and simmer over low heat until vegetables are very tender, about 25 minutes.
3. Stir in apples and honey. Using an immersion blender, puree the soup until creamy. Alternatively, cool the soup slightly and puree in a blender in batches. Be sure to leave a hole in the lid open and cover with kitchen towel to allow steam to escape when blending.
4. Season with salt, pepper and honey to taste and enjoy!

Serves 6

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Adapted From: <http://www.onceuponachef.com/2012/10/autumn-carrot-and-sweet-potato-soup.html>

