

Spiced Sweet Potato/Carrot Soup

Ingredients:

- 1 pound - 7 medium carrots, peeled and chopped, 3 cups
- 1 pound - 1 large or 2 medium sweet potato, peeled and diced, 3 cups
- 4 cups vegetable stock
- 2 teaspoons freshly grated ginger, grated on a microplane
- ¼ teaspoon powdered cinnamon, plus more to taste
- 1/16 teaspoon cayenne powder, plus more to taste
- Juice of 1 lemon, 1 tablespoon
- 1 tablespoon honey
- 3 tablespoons extra-virgin olive oil
- Kosher Salt and freshly ground black pepper, to taste
- Crème Fraiche, garnish
- Italian parsley, chopped, garnish

Instructions:

In a medium pot, over high heat, combine the carrots, sweet potato, plus the stock, and cover. Once the stock comes to a boil, lower the heat to maintain a low simmer. Cook until both the carrots and sweet potatoes are falling apart, approximately 25 minutes. Remove from the heat, then using a stick/ immersion wand, or blender, carefully blend the mixture until a smooth texture is achieved, blending in the spices, honey, juice, and oil. If you desire a slightly thinner consistency, simply add an additional ½ cup of stock, or water. Season to taste. Serve with a dollop of crème fraiche, a grind of black pepper, a drizzle of olive oil, and chopped parsley.

Yield, 6 cups.