Sweet Potato Curry Soup

Ingredients

- 1 Tbsp Oil, neutral flavor
- 1/2 Bunch Onion, green, small dice
- 1 lb Sweet Potato, small dice
- 1/2 lb Carrots, small dice
- 1 15oz can Chickpeas, rinsed and drained
- 2-3 Tbsp Red Curry Paste (Thai)
- 1 15oz can Coconut Milk, low-fat
- 4 Tbsp Lime Juice, fresh, for topping

Equipment Needed

- Measuring spoons
- 1 large pot
- 1 wooden spoon
- 1 blender or immersion blender

Directions

- Place oil in large pot on medium heat.
- Sauté onions until fragrant.
- Add sweet potato and carrots and sauté until soft.
- Add chickpeas, curry paste, and coconut milk. Stir together and allow to heat but do not boil.
- Once the mixture is heated through, blend in the pot with immersion blender or transfer in batches to blender until smooth.
- Top individual servings with lime juice upon service.

Nutrition Information Available Upon Request

www.nourishprogram.org
Sweet Potato Chips

Ingredients

- 1 lb Sweet Potatoes, sliced thin
- 2 Tbsp Oil, neutral flavor
- 1 Tsp Cumin
- 1 Tsp Citric acid salt

Equipment Needed

- 1 mandolin
- 1 bowl
- 1 spatula
- Measuring spoons
- 1 metal sheet grate
- 1 sheet pan
- 1 sheet parchment paper

Directions

- Preheat the oven to 400 degrees F.
- Use a mandolin to slice sweet potatoes thin. If possible, soak the raw chips in water overnight then pat dry.
- Toss the chips in oil, cumin, and salt.
- Place parchment paper on sheet pan then top with metal sheet grate.
- Place the chips on top of the grate, spaced apart so the chips do not touch.
- Roast for 10 minutes, flip the chips, then roast for another 5 minutes.

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Helpful Tips

- No citric acid salt? Try regular salt then a fresh squeeze of lime after cooking.
- Soaking the raw chips in water overnight can help remove the starch and make a crispier product.
Sweet Potato Toast

Ingredients
- 1 Sweet Potato, sliced lengthwise 1/4" thick
- 2 Tbsp Peanut Butter
- 1/4 Avocado, medium
- 1/8 Tsp Sea Salt
- 1/8 Tsp Red Pepper Flakes

Equipment Needed
- 1 knife
- 1 toaster
- Measuring spoons

Directions
- Place sweet potato slices in a toaster on the highest setting.
- After the slices are cooked through, top with desired toppings.
- For one slice, spread with peanut butter.
- For another slice, spread with avocado then sprinkle sea salt and red pepper flakes.

Helpful Tips
- You can make multiple toast slices ahead and keep in the refrigerator for up to one week.
- Try other sweet and savory toppings to eat at any time of day.

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