

Sweet Potato Pepper Soup

Sharing one of my favorite soups here. It's a beautiful bright orange and thick meal soup. Very creamy, even though there's not a drop of cream to be found in there. It's just a simple, healthy soup, chockful of flavor and with a surprising crunchy twist to it. I think you'll like it!

Ingredients:

2 bell peppers
1 large sweet potato
1 leek
1 onion
1/4 tsp turmeric
2 dried bay leaves
4 cups vegetable broth
5 tbsp corn
sweet chili sauce
pepper & salt
butter or oil
nutmeg

Optional: lemon juice

Directions:

Choose color! Go for yellow, red or orange. No green peppers, though. We're going to roast them, so use your preferred method. I've cut them in half, de-seeded them and used the grill in my oven this time.

Once they were nice and black, I placed them in a glass bowl and covered them with plastic wrap. Set them aside to let them cool off.

Wash and chop a medium sized leek. Discard the dark green leaves; they're bad news in this soup.

I've also coarsely chopped a medium-sized onion.. I've peeled, washed and cut up one large sweet potato. It was around 7 oz. If this is too sweet for you, you can replace 3.5 oz sweet potato for regular potato as well.

I bought some fresh garlic on the market as well. Love the stuff. The flavor is by far superior to its dried counterpart. I've grated 2 small cloves.

I've also prepared roughly 4 cups vegetable broth.

Heat 2 tbsp butter or oil in a soup pot or Dutch oven. Add the onions, leeks and garlic. Cook everything, over low heat, for about 5 minutes. Until the onions start to soften.

Add 1/4 tsp turmeric (or curry powder) and two dried bay leaves.

Also get your sweet potato pieces in there. Stir to combine.

Pour in the vegetable broth. You could also use chicken broth, if you like. Or even plain water will work, though you'll have less flavor to your soup.

Bring to a boil, pop the lid and simmer, over low heat, for about 20 to 25 minutes. Until the potatoes are tender.

In the mean time the bell peppers will have cooled off enough for you to handle them. Take the skin off—which is child's play right now—and finely chop them.

Heat 1 tbsp olive oil and sauté 5 to 6 tbsp drained corn until they turn slightly brown. Corn pretty much takes on the flavor of whatever sauce/liquid you combine it with, so we'll use that to our advantage. Squeeze a good splash of sweet chili sauce in there, stir, cook for 2 more minutes, then turn the heat off and set the pan aside.

Check the potatoes for readiness.

Remove the bay leaves, add the finely chopped roasted peppers and season with salt, pepper, and (freshly grated) nutmeg. Also add a good splash of lemon juice. I ran out of fresh lemons. Woe is me.

I always use my much beloved immersion blender—or rod mixer, as I like to call it—but you can also transfer the soup to a regular blender or even food processor. Just turn it into a creamy soup.

Garnish with the crispy and spicy corn and throw in some flat-leaf parsley, just because you can. Is this pretty or what? You *know* this will be a flavor-bomb!