

# Sweet Potato & red pepper soup

**Serves 6, prep and cooking time 40 minutes**

## Ingredients

1 tbsp olive or rapeseed oil  
1 red onion, finely chopped  
3 cloves garlic crushed or grated  
2 tbsp tomato puree  
1 tsp dried turmeric  
1 red pepper, diced  
2 medium or 1 large sweet potato, scrubbed and diced  
1 tin cannellini beans  
1 tin chopped tomatoes  
250ml veg stock made with good quality bouillon e.g. Marigold  
½ can good quality coconut milk e.g. Thai Gold  
Salt and pepper to taste  
Handful chopped coriander and sprinkle red pepper flakes to serve

## Method

1. Heat a large saucepan, add oil and onions and fry for 5 – 6 minutes until soft
2. Add garlic, tomato puree and turmeric and saute on a medium heat for 2 minutes, then add the pepper and sweet potato and cook for a further 2 minutes
3. Add the beans, tomatoes, veg stock and coconut milk and cook for 20 minutes or until veg are soft
4. Season well and blend with a hand blender or liquidizer. Or leave chunky if you prefer.
5. Sprinkle with fresh herbs and serve

This recipe freezes well. Allow to cool completely before freezing.

Quick tips:

- speed up prep time by chopping veg in your food processor
- freeze leftover coconut milk to use at a later date