

Curried Sweet Potato Soup

Serves: 4

Ingredients:

- 1 large sweet potato, scrubbed thoroughly
- $\frac{3}{4}$ cup canned light coconut milk
- 2 $\frac{1}{4}$ cups vegetable or chicken broth, with no MSG
- 1 red bell pepper, cored, seeded, and diced into $\frac{1}{2}$ -inch pieces
- 1 $1\frac{1}{2}$ teaspoons curry powder, preferably Madras
- 1 15-ounce can no-salt-added adzuki beans*, rinsed and drained
*(Red kidney beans can be substituted; drain, rinse, and preferably soak overnight)
- 2 packed cups coarsely chopped curly endive or baby spinach leaves
- $\frac{1}{4}$ cup coarsely chopped mint or cilantro
- $\frac{1}{2}$ teaspoon sea salt

- Boil sweet potato in water until very tender. Split potato in half with a knife. Use a pot holder to hold each half and scoop pulp into a medium saucepan; discard skin.
- Add coconut milk and mash with a potato masher or fork until mixture is fairly smooth. Stir in broth, bell pepper, and curry powder. Bring to a boil over high heat, then reduce heat and simmer 10 minutes.
- Stir in beans and heat all the way through. Stir in endive or spinach; keep stirring until just wilted.
- Ladle into four shallow soup bowls and top with mint or cilantro and salt.