

Creamy Sweet Potato & Carrot Soup (Serves 4)

As the chill of winter lingers, February calls for warm, nourishing meals that offer both comfort and wellness. This Creamy Sweet Potato & Carrot Soup is a perfect fit. Made with fresh, organic ingredients and bursting with natural flavors, this recipe delivers a cozy bowl of goodness while being simple and wholesome. Easy to prepare and kind to your body, this dish is sure to become a February favorite.

Let's dive into this wholesome recipe that promises to keep you warm, nourished, and feeling your best.





Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 3 large carrots, peeled and chopped
- 1 small onion (optional if sensitive), finely diced
- 2 cloves garlic (optional if sensitive), minced
- 1 tablespoon fresh ginger, grated
- 4 cups vegetable broth (homemade or low-sodium, no preservatives)
- 1 cup coconut milk (full-fat, BPA-free can or fresh)
- 1 tablespoon olive oil or avocado oil
- 1 teaspoon ground turmeric
- 1 teaspoon dried thyme
- Sea salt and black pepper to taste
- Fresh parsley or cilantro for garnish

Instructions:

1. **Prepare the Vegetables:** Wash all produce thoroughly to remove potential residue. Peel and chop the sweet potatoes, carrots, onion, and garlic.
2. **Sauté Aromatics:** Heat olive oil in a large pot over medium heat. Add onion, garlic, and ginger. Sauté for 3-4 minutes until fragrant. If sensitive to garlic or onion, skip this step and proceed directly with the vegetables.
3. **Cook Vegetables:** Add the sweet potatoes and carrots to the pot. Sprinkle turmeric and thyme over the vegetables and stir well to coat.
4. **Simmer the Soup:** Pour in the vegetable broth, ensuring the vegetables are fully submerged. Bring the mixture to a boil, then reduce to a simmer. Cover and cook for 20-25 minutes, or until the sweet potatoes and carrots are tender.
5. **Blend to Perfection:** Use an immersion blender to puree the soup until smooth and creamy. Alternatively, transfer the soup in batches to a blender (ensure it's vented to release steam). Stir in the coconut milk for a rich, velvety texture.



6. **Season and Serve:** Taste the soup and add sea salt and black pepper as needed. Ladle into bowls and garnish with fresh parsley or cilantro for a burst of freshness.

Why It's Great for February:

- **Seasonal Ingredients:** Sweet potatoes, carrots, and ginger provide warmth and immune support during the colder months.
- **Anti-Inflammatory Properties:** Turmeric and ginger help reduce inflammation, a common concern for those with MCS.
- **Chemical-Free and Fresh:** Using organic produce and homemade broth minimizes exposure to preservatives and chemicals.
- **Comforting and Nutritious:** The creamy texture soothes the digestive system while offering essential vitamins and fiber.

Storage Tip: Store leftovers in a glass container in the fridge for up to 3 days. Reheat gently on the stove to preserve nutrients and flavor.

This Creamy Sweet Potato & Carrot Soup is a delicious way to embrace the season with warmth and nourishment. Whether enjoyed as a comforting lunch or a light dinner, it's a simple yet satisfying recipe to brighten even the coldest February days.