

Coconut-Sweet Potato Mood Stabilizer Soup

Bake at 400 degrees for 40 minutes: 4 sweet potatoes

Add the following to a blender:

- 8 cups of chicken broth (or substitute 4-8 cups of fresh vegetable broth if vegetarian).
- 2 cans organic coconut milk or coconut cream
- 3 (1-inch) pieces of fresh ginger
- 1 onion, chopped
- 1 tsp. lime zest
- Juice from 1 lime
- 1 stalk lemongrass, cut into chunks (or use 1 tbs. of lemongrass paste in herb section)
- ¼ tsp. sea salt
- 4 Red Garnet sweet potatoes (baked, chunked)

Directions:

Prepare the broth ahead of time.

In a 6-quart pot, bring the broth, coconut milk, ginger, onions, lemongrass, and ¼ teaspoon sea salt to a gentle boil and cook for about 20 minutes over medium heat. Reduce the heat to low and cook another 30 to 40 minutes.

Remove the lemongrass. Add the sweet potatoes and turn the heat back up to medium, cooking for another 15 minutes.

In a blender, puree small batches of the broth and sweet potatoes until smooth. Do not overfill the blender.

Repeat until all of the soup blended.

Gently reheat the soup on the stove.

To serve, ladle into soup bowls, squeeze some fresh lime juice over the top, and garnish with the cilantro and toasted shredded.

NOTE: An alternative to the sweet potatoes is to use 2 large plantains.