



# Sweet Potato and Apple Currie Soup

NIBBLEDISH CONTRIBUTOR

## Ingredients

1 tablespoon olive oil  
1 large onion, sliced  
2 cloves garlic, sliced  
1 tablespoon finely chopped gingerroot  
1 teaspoon curry powder  
3/4 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon ground cinnamon  
4 cups water  
1 1/4 lb sweet potatoes, peeled and cut into 1-inch pieces  
3 large Granny Smith apples, peeled, cored and cut into 1-inch pieces  
1/2 cup chopped fresh cilantro

## Instructions

1. In large saucepan or Dutch oven, heat oil over medium heat. Add onion and garlic; cook, stirring occasionally, 5 minutes or until onions are tender.
2. Add gingerroot, curry powder, cumin, salt and cinnamon. Cook, stirring constantly, 1 minute. Add water, sweet potatoes and apples. Heat to boiling; reduce heat. Cover and simmer 20 minutes, stirring frequently, or until sweet potatoes are very tender.

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3. In blender or food processor, place one-third to one-half of mixture at a time. Cover; blend until smooth. Repeat with remaining soup. Reheat if necessary. Stir in cilantro.