

Sweet Potato and Leek Soup

Best Season to try this Recipe: Autumn, Winter, Spring

2 leeks

2 cloves garlic

4 medium sweet potatoes

6 cups water

1 can cooked white beans

1 tsp ghee

juice of 1 lemon

1 tsp sea salt

2 tsp. turmeric

cayenne or black pepper to taste

Clean your leeks by cutting off the tip of the root first, and trimming excess green stuff (use mostly the tender white stalk.) Then, slice the leeks length-wise, just leaving about 1/4 inch attached to the base. Rinse under water, opening the layers, to release dirt.

In a large stock pot, heat your ghee on med-low heat, then add turmeric, cayenne or pepper and leeks with the salt. Stir to coat and let cook on medium heat for five minutes or so, until leeks have softened. Mince garlic and add to the pot.

Scrub the sweet potatoes, and chop them into rough cubes (leaving the skin on is ok!). Add them to the pot, stir and cook for a few minutes. Add water and beans. Bring a boil, reduce to simmer and cook until sweet potatoes are soft, about 15 – 20 minutes.

Turn off the heat, then using a regular blender or stick blender puree the soup until creamy. Add olive oil and lemon juice.

Beneficial qualities of this recipe: Sweet potatoes are a root veggie, of course, and this connection to the earth makes them sweet, hearty and satisfying. They also contain many wonderful nutrients and minerals borrowed from the earth. They are grounding for Vata, and their sweet taste is heavy, which also balances Pitta. Leeks and garlic are pungent, giving a gentle kick of warmth, aided by the turmeric and cayenne, to prevent this recipe from increasing Kapha.