

Curried Sweet Potato Soup

A Cardiovascular & Anti-Inflammatory Powerhouse

"This recipe combines the heart-healthy fiber of sweet potatoes with the potent anti-inflammatory benefits of curcumin. It is a simple, affordable, and delicious way to support colon and brain health." — **Dr. Raymond Kordonowy**

Nutritional Highlights

- **Sweet Potatoes:** A rich source of flavonoid antioxidants, vitamins, minerals, and dietary fiber essential for optimal cardiovascular health.
- **Curcumin (Turmeric):** The primary active compound in curry powder, known for its significant anti-inflammatory properties and its role in supporting brain and heart function.

Ingredients

- **5 Cups** Sweet potato, chopped (peeled)
- **4 ½ Cups** Vegetable broth
- **1 Cup** Dried onion
- **2 tsp** Curry powder
- **1 Cup** Water
- **1 Cup + 6 Tbsp** Yogurt (Non-dairy or 0–1% dairy fat)
- *Optional:* Fresh parsley or extra yogurt for garnish.

Directions

1. **Prep:** Peel the sweet potatoes and chop them into small, uniform cubes.
2. **Boil:** In a large pot, combine the sweet potatoes, vegetable broth, dried onion, and curry powder.
3. **Simmer:** Cook over medium-high heat until the potatoes are completely tender.
4. **Puree:** Once tender, transfer the mixture (in batches) to a food processor or blender. Add the water and yogurt, and blend until smooth.
 - *Pro-Tip:* For the smoothest consistency, a traditional blender is preferred over a hand-held immersion blender.
5. **Finish:** Return the pureed soup to the pot to simmer and heat through.
6. **Serve:** Enjoy hot, or chill and serve as a refreshing cold soup. Top with a dollop of yogurt or a sprinkle of fresh parsley.