

## **Coconut Yam Soup (Vegan)**

From Karma Chow - <http://karmachow.com/recipes/2010/10/31/coconut-yam-soup.html>

### **Ingredients:**

- 2 Garnet Yams, peeled & cubes
- 3 large carrots, peeled & diced
- 2 celery stalks, diced
- 1 large yellow onion, diced
- 1 leek, sliced thinly
- 3 garlic cloves, minced
- 1 tsp fresh ginger, optional
- 2 tsp. Garam Masala (an Indian spice)
- 4 cups vegetable broth
- 1 TBL coconut or olive oil
- 1 15 oz can coconut milk
- Sea salt & fresh cracked pepper
- Cinnamon & nutmeg for garnish

### **Directions:**

1. In a large soup pot over medium heat, sauté ginger, garlic, celery, onion & leek in oil until translucent and soft.
2. Add Garam Masala and stir to combine to release the flavor of the spice.
3. Add the carrots, yams and vegetable broth.
4. Turn heat to high and bring to a boil, turn heat down to a simmer.
5. Cover and simmer for 20-30 minutes or until vegetables are tender.
6. Remove from heat and add coconut milk.
7. Puree soup using a hand blender (or put into regular blender - let it cool down a bit first) until thick and creamy.
8. Season with salt & pepper and garnish with a dash of cinnamon & nutmeg!
9. Variation: Add 1 cup of red lentils to soup while cooking and increase water by 1 cup.