

Sweet potatoes are excellent for a grounding soup. They are rich, sweet and, once pureed, they have a lovely smooth texture. Adding a bit of cumin to the soup balances the sweetness of the potatoes. Roasting the sweet potatoes before fixing the soup intensifies the flavor.

### Ingredients

6 Medium Sweet Potatoes—peeled and chopped  
1 Tablespoon minced ginger (less for Pitta types)  
2 cups water or vegetable stock  
1 cup water  
1 Lime—juiced  
2 cups Coconut Milk (as needed)  
¼ teaspoon cumin or spice mix (optional)  
Salt and pepper to taste  
Ghee

### Instructions

1. In a large saucepan, melt ghee
2. Sauté ginger and cumin (optional) until aromatic
1. Add chopped sweet potatoes and sauté until brownish
2. Pour in vegetable stock and/or water, and bring to a boil over high heat. Reduce heat to medium low, cover, and simmer until the potatoes have softened (approximately 30 minutes)
3. Using a hand blender, puree the potato mixture
4. Stir in coconut milk as desired and heat until warmed
5. Add lime juice and season with salt and pepper just before serving

This soup is simple, but has a nice tang to it from the ginger and the lime. It is also very thick and rich tasting. If you like a soup that is less thick, just add ½+ cup more liquid once the soup is prepared.

Feel free to garnish with a bit of [Fresh Cranberry Relish](#), but maybe not during a Seasonal Cleanse.