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Sweet Potato, Leek & Ginger Soup

ABOUT THIS RECIPE

I love sweet potatoes in just about every shape or form – they are so delicious, even gently fried and served with a little garlic salt. I have used them abundantly in so many dishes, without disappointment ever. So, I thought I must create a soup with them and see what happens if I marry the ingredients together with, say, ginger and leek. Having done that, I created big smiles on my family's faces – so, I am going to share it with you, so that you can do, or feel the same way too !

I served them in these delightful little pots for starters, but never again, as they wanted more and more – so soup bowls next time. Having said that, I did rather enjoy the glory of it all – “Can we have more please?” (about 3 or 4 times), and that was just for starters. Let's do it !

Serves 3 portions

INGREDIENTS

- extra virgin olive oil
- 1 fresh garlic clove
- 1 large sweet potato, nicely peeled, washed and cut into medium sized squares
- 1 large leek chopped
- 1 inch of fresh ginger peeled and chopped

- 2 cups of mushroom stock
- ½ a cup of coconut milk
- salt and pepper to taste
- soya cream for topping

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METHOD

Fry the chopped leeks, sweet potato and ginger in a non-stick casserole, mixing often for a few minutes.

Next, add the chopped garlic and continue to mix for a minute or so. Now add the mushroom stock and simmer for 30 minutes on a medium/low heat.

Finally, add the coconut milk. Make sure that your veges are soft, add the salt and pepper, allow to cool for some minutes and then with an electric food blender, blend until smooth and creamy.

Serve, and with the back of a teaspoon, add some soya cream to delight the eye. Bon Appetit !

All recipes and content © Miriam Sorrell www.mouthwateringvegan.com 2010

These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave us a constructive comment!

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< **ena's Delicious Pea Pies**
(assatat)

Festive Pecan & Cognac Pate



34 COMMENTS



Liz

November 14, 2010 at 5:29 pm

We love soups – they're our quick family Saturday lunch every week. This one is next Sat's lunch sorted! Thanks Miriam.



Admin

November 14, 2010 at 6:43 pm

You are welcome Liz – and it's packet with vitamins too. Enjoy it.



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Liz

November 20, 2010 at 12:51 pm

Just made this for quick Sat lunch, and it's wonderful. Even with my changes – I forgot to buy coconut milk so cream and dessicated coconut kind of worked; and I wasn't sure what mushroom stock was, so just put water. I roasted the sweet potato to make up for not having the right ingredients! Can you advise on how to make mushroom stock and whether it freezes so I can make a batch for other receipes? Thanks...



Admin

November 20, 2010 at 1:55 pm

Hi there, glad you made and enjoyed the soup. I strongly suggest the coconut milk next time – I'm sure it still worked as you described though. But the coconut milk combined with the other ingredients really works well. With regards to the mushroom stock, I have used 'Kallo' stock cubes (mushroom flavour, they do not have any nasty additives and are even great when making a risotto (I buy mine from the health food store). So you can buy them and stick them in the fridge in readiness for when you wish to use them. Keep well.



Jamie

April 16, 2011 at 2:23 pm

This looks delicious! Can't wait to make it!

I'll probably double up on it and see how it can be adapted for the crock pot.



**Miriam***April 17, 2011 at 9:40 am*

Hi Jamie, let me know how it goes in the crock pot. Best to you !

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**Anna***November 3, 2011 at 4:10 pm*

This soup sounds great! Hope to try it soon, thanks! I lived in the US for years, and loved yams and sweet potatoes there for Thanksgiving! Wish we had more available in Malta! I have a comment though. Health experts say not to fry or cook with olive oil, even extra virgin, as it becomes toxic at high temps. The only oil safe for cooking is coconut oil. Or butter or ghee. So I will use coconut oil when I make this soup!

**Miriam***November 4, 2011 at 12:02 pm*

Anna Hi and welcome here. Over the years I have heard experts speak about why olive oil is good and why it is bad – the same about coconut oil – it leaves one rather baffled. What I do take seriously is that all oils will to some extent oxidize if used repeatedly. If olive oil was that dangerous all Greek (probably the Italians and the Spaniards too) people would be dead by now, or at least all of them would have died of the same disease. Now, quality matters here and not over heating the oil too. I use extra virgin olive oil, I never, ever overheat it, just warm it up fry the vegetables I need to and go on with my cooking – I never re-use any oil. Now, butter is indeed very dangerous when overheated, it turns brown and is not healthy, quite apart from the fact that it is loaded with cholesterol, so one gets a double whammy there – cholesterol and oxidation, no thanks, the same with ghee. It is your choice whether you wish to use coconut oil, don't overheat it either – enjoy your choice, and I hope you enjoy the soup. Here is a link to help understand better the uses and facts regarding olive oil. Cheers to you and let me know how the soup turns out.

<http://www.oliveoilsource.com/page/heating-olive-oil>

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Anna

November 5, 2011 at 7:44 am

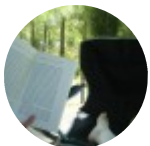
Thanks Miriam for your nice response to my question and for alleviating my doubts regarding olive oil! I am looking forward to making the soup and also using many more of your recipes! Can't wait to see what you suggest next!



Miriam

November 6, 2011 at 1:13 pm

Anna Hi there – thanks for your response and hope you enjoy the recipes on my site. Look forward to your future comments. Cheers to you !



kate

November 16, 2011 at 4:15 pm

Made this for dinner last night! It was DELICIOUS!!! Thank you! Even my 18 month old loved it!! mmmm!!!



Miriam

November 16, 2011 at 4:53 pm

Kate Hi there and thanks very much for your comment – this is great news that your 18 month old loved it !!! A resounding result, well done ! I look forward to your future comments on my blog !. Cheers !



Melissa Keller

January 19, 2012 at 10:27 pm

I am making this right now! I have been waiting all day! Thank you Miriam!



Miriam

January 20, 2012 at 8:40 am

Welcome Melissa and hope you enjoyed it too !



Melissa Keller

January 22, 2012 at 4:02 am

Miriam: I absolutely loved the soup. It felt so soothing going down and I must say that the leeks added a nice touch. I enjoyed it for dinner and then I also enjoyed it the next day for lunch. My Schroeder even got a sample and he loved it too. I will definitely make this again. A brilliant and flavorful combination. Thank you Miriam! xx



Miriam

January 22, 2012 at 11:51 am

Hi there Melissa and thank you so much for dropping by with your wonderful comment. I am delighted that you enjoyed this soup and will make it again, it is always a good sign when every member of the family also love it ! Very heart warming. Very best to you
Melissa !



Melissa Keller

January 22, 2012 at 4:44 pm

Indeed! I am going to make your cashew quiche very soon!

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Miriam

January 22, 2012 at 8:02 pm

Melissa Hi there, I would love your feedback on that one Melissa. If time is not on your side, do try my Stroganoff Supreme, which I just posted up, serve with some wild rice and enjoy. All the very best Melissa.



joanne

September 6, 2012 at 12:03 pm

delicious creamy soup, I made a double batch.



Miriam

September 6, 2012 at 12:11 pm

Joanne Hi there and glad you enjoyed my soup. Look forward to your future comments on my blog. Best to you !



Evelyn Malcolm

September 19, 2012 at 9:01 pm

Hi Miriam. Made this great tasting soup this afternoon for tomorrow's lunch for friends. I was just wondering which soup to make when the recipe popped up on Facebook! Thanks

for all your wonderful recipes. Now wait each day in anticipation for the next treat!

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Miriam

September 19, 2012 at 10:46 pm

Hi there Evelyn and thanks for dropping by here with your comment and I hope you all enjoy the soup and look forward to your future comments and feedback on my blog as and when. Meantime, best wishes your way !



Evelyn Malcolm

September 20, 2012 at 1:40 pm

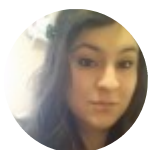
Hi again Miriam, soup was a great success! Friends loved it, made vegan cheese and rosemary scones to accompany it. Great meal! Thanks again for your fabulous recipes. Best wishes to you!



Miriam

September 20, 2012 at 4:08 pm

Evelyn Hi there and welcome again. I am delighted that your friends loved the soup, wonderful idea re: scones too ! I look forward to your future comments on my blog. Best again !



Julia

January 8, 2013 at 9:27 pm

I made this for lunch yesterday and it was amazing! I'm not a big sweet potato fan but this

was really very good. So flavorful and rich. I'm going to use the leftover soup over rice today. Thank you again for another incredible recipe.

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Miriam

January 9, 2013 at 8:05 am

Julia Hi there and welcome here. I am delighted that you enjoyed this soup. I am not crazy over sweet potatoes myself, so when I do use them, I usually dress them up in a way that I know I will eat them (including in my curries). Best to you !



Sharron

February 25, 2013 at 7:38 pm

Hi Miriam – Another winner. I love this soup. I make a lot of soups in big batches and freeze them and so this is one I will add to my list. I use coconut milk in a lot of my soups, especially the Thai ones and it certainly compliments this soup perfectly. All the best.



Miriam

February 25, 2013 at 7:46 pm

Sharron Hi there and glad to hear about this soup. Good for you for making large batches. I will be posting up a sweet potato lasagna this week – go to my FB recipe page for a quick peek ! 😊



Sharron

February 25, 2013 at 8:06 pm

Miriam – you are single handedly making my vegan eating an absolute joy.

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Miriam

February 25, 2013 at 8:07 pm

Then my work is not in vain dear Sharron. Hope you always enjoy my food ! 😊



Jane Gant

March 7, 2013 at 4:31 pm

I made this today and it's absolutely delicious. I made mushroom stock by soaking dried mushrooms in hot water for 20 minutes in case anyone's interested!



Miriam

March 7, 2013 at 6:02 pm

Hi there Jane and thanks for getting back to me with the feedback, I am delighted that you made and enjoyed my lasagna and I look forward to your future comments here. Best wishes your way in the meantime ! 😊



Eric Florea

February 3, 2015 at 7:39 pm

Looks great! I tried another recipe of yours the other day. Looks like another winner! 😊



Miriam

February 10, 2015 at 12:51 pm

Glad you enjoyed it Eric !

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