

# Vegan Sweet Potato Soup

- 3 T olive oil
- 1 lb sweet potato, peeled and diced
- 1 small apple, peeled and diced
- 1 small yellow onion, diced
- 3 T ginger, minced
- 1 T curry powder
- 3 sprigs fresh thyme
- 4 cups vegetable stock
- 1/2 cup coconut milk
- 2 T maple syrup
- salt and pepper to taste

Heat the olive oil in a pan over medium high heat. Add the sweet potato, apple, onion, ginger and curry powder. Season with salt and pepper. Cook for five minutes, stirring continuously. Add the thyme and vegetable stock and bring to a boil. Reduce heat and simmer until the vegetables are tender, about 30 minutes. Remove the thyme sprigs. Using an immersion blender or food processor, puree the soup until smooth. Finish the soup by stirring in the coconut milk, maple syrup and seasoning with salt and pepper.

