Creamy Slow Cooker Coconut Sweet Potato Soup

EASY • 1 HOUR 10 MINS

Honey roasted sweet potato melds with creamy coconut and a store-bought garam masala spice blend to create a nourishing, soul soothing dinner with a slightly spiced twist!

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	1-6 hours	4

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 400g yellow sweet potato, peeled and diced to 3cm pieces
- 200g carrots, peeled and chopped in 3cm pieces
- 1 brown onion, peeled and quartered
- 2 garlic cloves, whole
- 1 tbsp extra virgin olive oil
- ½ tsp garam masala spice blend
- 3 tsp Capilano Pure Honey
- 500ml vegetable stock
- 400ml coconut cream
- Salt and pepper, to taste

Method

1. Preheat oven to 180°C. Line two baking trays with baking paper and set aside.

2. In a large bowl combine sweet potato, carrot, onion, garlic, olive oil, honey and garam masala. Mix until well coated and transfer to pre-prepared oven trays. Bake for 30 minutes until golden.

3. In a large saucepan or slow cooker, add roasted vegetables, stock and coconut cream. Bring to a simmer (if using a saucepan) and cook, with lid on for 15 minutes until vegetables are very soft. If using a slow cooker, set to low heat and cook for 6 hours.

4. Once cooked, use a stick blender to puree into a thick soup. Season with salt and pepper to taste and top with oven-roasted chickpeas, extra coconut cream and a drizzle of Pure Capilano Honey to serve.

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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