

Sweet Potato-Coconut Soup with Spicy Relish

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Servings: 4

SPICY RELISH

1 tablespoon canola oil
1 tablespoon unsalted butter
pinch red pepper flakes
1/2 small sweet potato, peeled and cut into small dice
salt and fresh black pepper
1/4 cup fresh flat-leaf parsley, chopped

SOUP

1 1/2 tablespoons canola oil
1 small red onion, chopped
1 two-inch piece fresh ginger, grated
pinch of red pepper flakes
3 cups homemade chicken stock
1/2 cup water
1 1/2 pounds sweet potatoes, peeled and cut into large dice
1 1/2 cups unsweetened coconut milk
1 tablespoon clover honey
large pinch ground cinnamon

Preparation Time: 20 minutes

For relish: Heat oil and butter over medium heat. Add red-pepper flakes; heat for 10 seconds. Add the diced sweet potato, salt, and pepper. Cook, covered, stirring occasionally, until softened, 15 minutes. Uncover, increase heat to high, and cook until diced potatoes are golden brown, 5 to 7 minutes. transfer to a bowl; stir in the parsley.

For soup: Heat oil in a saucepan over medium heat. Add onion and ginger; cook until soft, 5 minutes. Add red-pepper flakes and cook for 30 seconds. Add stock and water; bring to a boil. Add sweet potatoes; bring to a simmer. Cook until potatoes are soft, 20 to 30 minutes. Cool for 10 minutes.

Transfer mixture to a blender and process until smooth. Return to saucepan; simmer over low heat. Whisk in coconut milk, honey, and cinnamon. Cook until thickened and warmed through. Season with salt and pepper. Ladle into bowls; top with a spoonful of the spicy relish.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 267 Calories; 12g Fat (39.4% calories from fat); 3g Protein; 38g Carbohydrate; 5g Dietary Fiber; 8mg Cholesterol; 23mg Sodium. Exchanges: 2 Grain(Starch); 1 Vegetable; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | |
|--------------------------------|---------|
| Calories (kcal): | 267 |
| % Calories from Fat: | 39.4% |
| % Calories from Carbohydrates: | 56.2% |
| % Calories from Protein: | 4.4% |
| Total Fat (g): | 12g |
| Saturated Fat (g): | 3g |
| Monounsaturated Fat (g): | 6g |
| Polyunsaturated Fat (g): | 3g |
| Cholesterol (mg): | 8mg |
| Carbohydrate (g): | 38g |
| Dietary Fiber (g): | 5g |
| Protein (g): | 3g |
| Sodium (mg): | 23mg |
| Potassium (mg): | 393mg |
| Calcium (mg): | 46mg |
| Iron (mg): | 1mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 39mg |
| Vitamin A (i.u.): | 28157IU |
| Vitamin A (r.e.): | 2831RE |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .4mg |
| Vitamin B12 (mcg): | trace |
| Thiamin B1 (mg): | .1mg |
| Riboflavin B2 (mg): | .2mg |
| Folacin (mcg): | 33mcg |
| Niacin (mg): | 1mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Deficient: | n n% |

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 2 |
| Lean Meat: | 0 |
| Vegetable: | 1 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 2 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

| | | |
|-----------------|-----|------------------------|
| Calories | 267 | Calories from Fat: 105 |
|-----------------|-----|------------------------|

% Daily Values*

| | | |
|----------------------------|------|-----|
| Total Fat | 12g | 18% |
| Saturated Fat | 3g | 13% |
| Cholesterol | 8mg | 3% |
| Sodium | 23mg | 1% |
| Total Carbohydrates | 38g | 13% |
| Dietary Fiber | 5g | 21% |
| Protein | 3g | |

| | |
|------------------|------|
| Vitamin A | 563% |
| Vitamin C | 66% |
| Calcium | 5% |
| Iron | 6% |

* Percent Daily Values are based on a 2000 calorie diet.