

SWEET POTATO AND BLACK BEAN SOUP



EXTRAS
#21

ALSO WORKS A TREAT WITH...

- Squash or pumpkin instead of sweet potato

RAISE YOUR GAME BY...

Roasting the sweet potato until caramelised before adding to the soup



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SWEET POTATO AND BLACK BEAN SOUP

There's nothing better than a hearty, warming soup at this time of year and here we've got a delicious sweet potato broth made more substantial with black beans, and seasoned with a tangy chipotle butter to serve. It's a complete meal in a bowl - serve with crusty bread or even a few tortilla chips on the side!

Prep 25 mins	Cook 50 mins
Heat 	Serves 4 with sides

800g **sweet potatoes** - peeled and cut into large bite-size pieces
1 **onion** - roughly chopped
2 **cloves of garlic** - roughly chopped
1 **lime**
10g **bunch of coriander** (optional) - finely chopped
30g **butter** or dairy-free alternative
150g **sour cream** or dairy-free alternative to serve (optional)
400g **tin of black beans** - drained
40g **pumpkin, sunflower or sesame seeds**

2 tsp



ANCHO BLEND

1 ½ tsp



CANELA BLEND

¾ tsp



CHIPOTLE BLEND

1 ¼ tsp



ORÉGANO BLEND

- 1 Fry the sweet potatoes and onion in 3 tbsp oil for 15 minutes or until the onion is soft and translucent
- 2 Stir in the garlic, 2 tsp **ANCHO BLEND**, 1 ½ tsp **CANELA BLEND**, a pinch of **CHIPOTLE BLEND**, 1 ¼ tsp **ORÉGANO BLEND**, 1 ¼ tsp salt and 1l water then cover and simmer for 30 minutes or until the sweet potatoes are thoroughly soft
- 3 Carefully blend the soup to a smooth puree then pour back into the pan. Add the black beans and simmer for 10 minutes until the beans are hot through
- 4 Toast the pumpkin seeds in a dry pan for 5 minutes or until golden and crispy then stir in a pinch of salt and a pinch of **CHIPOTLE BLEND**. Leave to one side
- 5 Heat the butter with ½ tsp **CHIPOTLE BLEND** for 1 minute or until it starts to foam and take on the colour of the spices then stir in the juice of ½ the lime
- 6 Serve the soup with a spoonful of sour cream (if using) on top, the hot chipotle butter drizzled over, a sprinkle of toasted pumpkin seeds and the coriander (if using), with the remaining ½ lime cut into wedges to squeeze over at the table