

Moroccan Carrot and Sweet Potato Soup

This dish is gluten-free

Ingredients

1 tablespoon olive oil
1 teaspoon fennel seeds
4 cups carrots, peeled and sliced (approx. 1.5 pounds)
2-1/2 cups sweet potatoes, peeled and cubed (approx. 1/2 pound)
1 cup Granny Smith apple, peeled and diced
5-1/2 cups vegetable stock
2 tablespoons long-grain, brown rice
1/4 teaspoon curry powder
1 bay leaf
Salt and pepper to taste

Instructions

In a large pot, heat oil over medium heat.

Add fennel seeds and cook for 3 minutes, stirring often.

Add carrots, sweet potatoes and apple, then cook for 5 minutes, stirring often.

Add stock, rice, curry powder and bay leaf. Bring soup to a boil. Cover, reduce heat and simmer for 30 minutes.

Discard bay leaf, then puree soup with an immersion blender or blender.

Yields 6 servings.