



To serve this soup as a main course, stir in some leftover roast turkey or ham to make it more substantial.

Tip: If you had baked sweet potatoes (instead of mashed) for your holiday meal, you'll need 3 to 4 medium potatoes to get 3 cups of mashed.

Sweet Potato Soup With Sautéed Mushrooms

- 5 scallions
- 3 cups chicken or vegetable broth
- 4 cloves garlic, finely minced
- 1 tsp. curry powder
- 3 cups leftover mashed sweet potatoes
- 2 tsp. grated lemon zest
- 2 Tbsp. grated Parmesan cheese
- Salt and pepper
- 2 Tbsp. olive oil
- 1 lb. mushrooms, thickly sliced



1. Mince the scallions, and keep the white and green portions separate.
2. In a medium saucepan, combine the broth, scallion whites, 1 clove garlic and the curry powder. Bring to a boil, reduce to a simmer, and cook for 10 minutes.
3. Stir in the sweet potatoes and lemon zest, and mix until well combined. Stir in the Parmesan.
4. For a cream-style soup, puree the mixture in a blender (or use an immersion blender). Taste for seasoning, and add salt and pepper if needed.
5. In a large skillet, heat the oil over medium-high heat. Add the remaining 3 cloves garlic and cook for 1 minute. Add the mushrooms and stir to coat. Sprinkle with a pinch of salt, and cook until the mushrooms are softened, about 6 minutes.
6. Serve the soup in shallow bowls with some sautéed mushrooms on top. Garnish with some of the minced scallion greens.

Makes 6 first-course servings

Total time: 45 minutes

Per serving: 238 calories, 9.8 g fat, 34 g carbohydrates (5.4 g fiber), 6 g protein, 736 mg sodium

