

Curried Sweet Potato and Black Bean Soup

Sara Eckert at HealthyHarvest Farm

1 Tbsp olive oil
1 medium onion - chopped
4 cups (½-inch) cubed sweet potato
½ cups (¼-inch) sliced carrots
1 Tbsp grated ginger or 1 tsp dried
2 tsp curry powder
3 cups vegetable or chicken broth
½ tsp salt or to taste
1 can black beans – rinsed
1 bunch kale - chopped

- Heat oil in a large saucepan over medium-high heat.
- Add onions - saute 5 minutes or until tender.
- Add sweet potato, carrots, ginger, and curry - cook 2 minutes.
- Add broth - bring to a boil.
- Cover, reduce heat, and simmer 30 minutes or until vegetables are tender. Sweet potatoes should be very soft and breaking apart some.
- Stir in salt, black beans, and kale.
- Simmer until kale is wilted about 5 minutes.



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