

*Recipe courtesy of Home Is Where Your Honey Is: A Collection of Recipes, from the National Honey Board. Visit [www.honey.com](http://www.honey.com) for more recipes.*

## **Curried Honey Sweet Potato Soup (makes 8 cups; serves 4 to 6)**

### ***Ingredients:***

- 1 Tablespoon olive oil
- 1 onion, diced
- 4 medium-sized cloves garlic, peeled
- 6 cups (48 oz.) chicken or vegetable stock
- 1 lb. sweet potatoes, peeled and cut into chunks
- 1 medium russet potato, peeled and cut into chunks
- 2 teaspoons salt
- 6 Tablespoons Orange Blossom honey, divided
- 1 medium red bell pepper, seeded and diced
- 2 to 3 teaspoons curry powder
- 1/2 teaspoon pepper
- 1/2 teaspoon ground ginger
- 1/4 cup chopped fresh cilantro, optional

### ***Directions:***

- Heat oil over medium-high heat in a soup pot.
- Add onion and sauté until translucent, 2 to 3 minutes.
- Add garlic and sauté 1 minute.
- Add stock, potatoes and salt.
- Cover and simmer until potatoes are tender, about 15 minutes.
- Puree mixture in batches: then put soup back over low heat
- Add 5 Tablespoons of the honey, then:
- Add bell pepper, curry powder, pepper and ginger.

Bring to a simmer, taste and adjust seasonings.

Microwave remaining 1 Tablespoon honey for 5 seconds on High.

Serve soup drizzled with a little warm honey & sprinkled with chopped cilantro (optional)