
Sweet Potato, Carrot, Corn & Miso Soup with Garlic Toast



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INGREDIENTS

- 2 TABLESPOONS EXTRA VIRGIN OLIVE OR COCONUT OIL
- 1 BROWN ONION - PEELED AND ROUGHLY CHOPPED
- 3 CLOVES GARLIC - PEELED AND ROUGHLY CHOPPED
- 2 TEASPOONS FINELY CHOPPED FRESH GINGER
- 3 TABLESPOONS MISO PASTE
- 630G CARROTS - ROUGHLY CHOPPED
- 320G SWEET POTATO - PEELED AND ROUGHLY CHOPPED
- 250G FROZEN OR TINNED CORN KERNELS
- 500ML VEGETABLE OR CHICKEN STOCK (SEE RECIPES FROM WEEK 1)
- 250ML WATER
- SEA SALT AND GROUND PEPPER TO TASTE

TO SERVE

- SESAME SEEDS, TOASTED PEPITAS AND GROUND WALNUTS (OPTIONAL)

GARLI TOAST

- 2 SLICES WHOLEMEAL BREAD
- 2 TEASPOONS OLIVE OIL
- 1 TEASPOON MINCED GARLIC
- 1 TABLESPOON PARSLEY (FINELY CHOPPED)

METHOD

- HEAT OLIVE OIL IN A LARGE SAUCEPAN. ADD ONION, GARLIC AND GINGER. SAUTEE FOR 3 TO 4 MINUTES.
- ADD MISO PASTE, CARROTS, SWEET POTATO, CORN, STOCK, WATER, SALT AND PEPPER.
- BRING TO THE BOIL. REDUCE HEAT AND SIMMER FOR 30 TO 40 MINUTES. STIR OCCASIONALLY.
- ONCE THE VEGETABLES ARE TENDER ADD TO FOOD PROCESS OR BLENDER. BLITZ UNTIL SMOOTH.
- LIGHTLY TOAST BREAD. MIX 1 TEASPOON OF GARLIC AND OLIVE OIL TOGETHER. SPREAD OVER BREAD.
- ADD ADDITIONAL DRIZZLE OF OIL IF REQUIRED. QUICKLY GRILL GARLIC TOAST UNTIL SLIGHTLY BROWNED.
- SPRINKLE WITH SESAME SEEDS AND WALNUTS TO SERVE.

NUTRITION INFORMATION

BENEFITS OF MISO PASTE

- RICH IN RIBOFLAVIN (B2) WHICH AIDS ENERGY METABOLISM.
- VITAMIN B12 WHICH KEEPS NERVES AND BLOOD CELL HEALTHY, IS ESSENTIAL FOR THE PRODUCTION OF DNA AND OTHER GENETIC MATERIALS, AND HELPS TO PREVENT ANAEMIA WHICH CAUSES FEELINGS OF FATIGUE AND WEAKNESS.
- DUE TO FERMENTATION IT PROVIDES BENEFICIAL BACTERIA FOR GUT HEALTH.

HEALTH BENEFITS OF CARROT & SWEET POTATO

- THEY ARE BOTH RICH IN BETA-CAROTENE (WHICH PROVIDES THEIR ORANGE COLOUR) WHICH THE BODY THEN CONVERTS INTO VITAMIN A. VITAMIN A IS ESSENTIAL FOR OPTIMAL EYE HEALTH.

HEALTH BENEFITS OF CORN

- RICH IN VITAMIN B12, FOLIC ACID (B9) AND IRON WHICH ALL AID THE PREVENTION OF ANAEMIA AND ARE ENERGY BOOSTING.
- ASSISTS IN LOWER BLOOD GLUCOSE AND CHOLESTEROL LEVELS WHICH SUPPORTS CARDIOVASCULAR HEALTH.
- RICH IN FIBRE WHICH IS IMPORTANT FOR DIGESTIVE HEALTH.

HEALTH BENEFITS OF GARLIC

- POWERFUL ANTI-INFLAMMATORY.
- QUALITY SOURCE OF VITAMIN C.
- AIDS IN LOWERING BLOOD CHOLESTEROL.
- ANTIBACTERIAL PROPERTIES WHICH CAN ASSIST IN PREVENTING FOOD POISONING.