

Root Vegetable Bisque (Yields 4 Servings)

- 1 medium sweet potato, peeled and cubed
- 1 medium white potato, peeled and cubed
- 2 medium carrots, peeled and diced
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1-inch piece fresh ginger, grated
- 2 tablespoons ghee
- 2 teaspoons curry powder (or warming spice blend with cumin, coriander, turmeric)
- 4 cups vegetable broth 1 cup coconut milk (optional, for creamier texture)
- 1 tablespoon lime juice (or lemon juice)
- Sea salt to taste

In a large soup pot, warm ghee over medium heat. Add onion, celery, and carrots. Sauté 5–7 minutes until softened. Stir in garlic, ginger, thyme, and curry powder. Cook for 1–2 minutes until fragrant. Add sweet potato, white potato, and broth. Bring to a boil, then lower heat and simmer uncovered for 25–30 minutes, until vegetables are tender.

Purée with an immersion blender (or carefully in a regular blender) until smooth and creamy. Stir in coconut milk, lime juice, and salt. Simmer for 5 more minutes. Taste and adjust seasoning. Add more lime or salt if needed.