



# Peruvian purple potato soup

20'  
Hands on

50'  
Cook Time

8-10  
Portion(s)

1  
Difficulty



## Ingredients

- 1 onion
- 1 clove(s) of garlic
- 2-3 tablespoon(s) olive oil
- 1 kilo purple sweet potatoes
- 1/2 kilo cabbage, red
- 1 leek
- 50 g red wine
- 2 sprig(s) rosemary, only the leaves
- 2 tablespoon(s) honey
- 1 teaspoon(s) chili flakes
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 1 1/2 liter water
- salt
- pepper
- 1 vegetable bouillon cube
- 300 g coconut milk

## Method

- **Finely chop** the onion, the garlic, and sauté them in a **pot** with 2-3 tablespoons olive oil, at medium heat, for 2-3 minutes.
- Peel and cut the potatoes, cabbage, and leek into small pieces.
- Deglaze the pot with the wine, and add the vegetables.
- Mix with a wooden spoon for 3-4 minutes, and then, add the rosemary, honey, chili flakes, lemon zest and juice, water, salt, pepper, vegetable bouillon cube, and cover the pot with the lid.
- Boil for 40-50 minutes until the potatoes are tender, and remove from the heat.
- Add the coconut milk, and beat into the pot with an immersion blender, until your soup is homogenized and velvety. If you do not have an immersion blender, beat the soup in a blender until it has a smooth texture.
- **Serve** with homemade croutons, caramelized bacon, finely chopped fresh thyme, and a little coconut milk.

To serve

- [croutons](#), homemade
- [caramelized bacon](#)
- thyme, fresh, finely chopped
- coconut milk

## Διατροφικός πίνακας

Nutrition information per portion

154 Calories (kcal)	2.7 Total Fat (g)	0.8 Saturated Fat (g)	28.0 Total Carbs (g)
8%	4%	4%	11%
12.0 Sugars (g)	2.2 Protein (g)	4.3 Fibre (g)	0.25 Sodium (g)
13%	4%	17%	4%