**Sweet Potato and Lemongrass Soup**

Serves 2-3

**Ingredients**

½ of a large sweet potato, peeled and medium diced

1 stalk lemongrass, outer layers removed

7.5 ml olive oil

¼ white onion, minced

1 clove garlic minced

¼ of a jalapeno pepper

5 ml ginger, peeled and minced

100 ml coconut milk

5ml lime juice

2 ml salt

.5 ml cayenne pepper (optional)

**Method**

1. In a large saucepan, combine sweet potatoes and lemongrass with enough cold water to cover; bring to a boil. Reduce heat to medium; simmer until potatoes are tender, about 20 mins. Remove lemongrass. Drain potatoes; reserve 175 ml of cooking liquid.
2. Meanwhile, in a medium skillet over medium heat, heat up olive oil. Add onion; cook stirring occasionally until soft.
3. Add garlic and cook for about a minute. Add jalapeno and ginger and cook for about 2 minutes
4. In a blender, process potatoes, onion mixture, coconut milk, and half of the cooking liquid until smooth.
5. Return soup to saucepan and stir in the remainder of the cooking liquid, bring to simmer over medium heat.
6. Stir in lime juice, salt and cayenne pepper.
7. Serve and enjoy !