Curried Sweet Potato Chowder
Adapted from “A DASH of Aloha”

4 servings

Butter or margarine 1 tbsp.
Shallot (2-3 large), minced 1/2 cup
Sweet potatoes, cubed 1-3/4 lb.
Curry powder 1-1/2 tsp.
Vegetable broth 4 cup
Soymilk, or as needed 3 cup
Peas, frozen 2 cup
Pumpkin seeds, curried* 1/2 cup
Cilantro, chopped 1/2 cup
Salt and pepper to taste

1. Melt the butter in a large saucepan. Add shallots and cook for 2-3 minutes. Sprinkle in the curry powder, stir for about 30 seconds.
2. Add sweet potato and broth. Cover and simmer for 20 minutes or until sweet potato is tender. Let cool; then transfer to a blender, add the soymilk to cover and blend until smooth. Add more milk if it is too thick.
3. Transfer back to saucepan and add the peas. Cook a few minutes or until the peas are heated through.
4. Add salt and pepper to taste.
5. Serve in individual bowls topped with the curried pumpkin seeds and chopped cilantro.

*To make curried pumpkin seeds: saute pumpkin seeds in a bit of olive oil; sprinkle with curry powder and a dash of cayenne and salt. Remove from the heat when they start to pop.

Nutrition Facts
Serving Size (736g)
Servings Per Container
Amount Per Serving
Calories 500 Calories from Fat 150
% Daily Value
Total Fat 17g 26%
Saturated Fat 2.5g 13%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 390mg 16%
Total Carbohydrate 68g 23%
Dietary Fiber 14g 56%
Sugars 15g
Protein 21g

Vitamin A 600% • Vitamin C 20%
Calcium 15% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calorie needs for children are lower than adults.

Total Fat Saturated Fat Cholesterol Sodium
Less than 65g 25g 250mg 2,400mg
Less than 25g 25g 300mg 2,400mg
Total Carbohydrate Dietary Fiber
Less than 30g 30g
Less than 37g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4