

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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	