

## Cashew Yam Soup with Toasted Coconut

- 2 T coconut oil
- 1 t each ground cumin, cinnamon
- 1 1/2 t ground coriander
- 1/2 t red pepper flakes
- 1 large onion, chopped
- 5 garlic cloves, finely chopped
- 2 T finely chopped ginger
- 4 c peeled, cubed yams
- 1/3 c cashew butter (The original recipe calls for organic, smooth peanut butter.)
- 1 c coconut milk
- 6 c water or soup stock
- sea salt and freshly ground black pepper
- juice of 1 lime
- 1 c lightly toasted coconut flakes

In a large soup pot on medium-high heat, add spices and pepper flakes to melted coconut oil. Cook, stirring for 1 minute, then add onion and cook until softened. Add garlic and ginger, cooking for 2 minutes, then add yam. Add a little soup stock to prevent burning or sticking.

Whisk cashew butter and coconut milk in a bowl until smooth. Add to yams along with the rest of the stock. Bring to a boil, then reduce heat, simmering for 15 minutes. Use a processor to purée until smooth. Add lime juice and sprinkle with coconut before serving. Serves 8-10.

**Jittery Cook**