

Sweet Potato Soup

Yield: 4 servings | Meat

Sweet potato soup with beef chorizo meatballs, cucumbers, pea leaves, & red pepper paste from Citron & Rose, Philadelphia, PA.

At Citron & Rose, the meatballs are plated in the soup in a dramatic straight line. We used a skewer to help achieve a similar look.

Soup:

2 Tbsp margarine

1 cup chopped onion

½ cup chopped fennel

½ cup chopped apple

¼ cup chopped celery

1½ lb yams, peeled, cut into 1-in pieces
(about 5 cups)

4 cups water

1 (8-oz) can coconut milk

1 cinnamon stick

¼ tsp ground nutmeg

2 Tbsp honey

2 Tbsp kosher salt

Meatballs:

¾-1 lb ground beef (80/20)

2 Tbsp smoked paprika

2 tsp dark chili powder

1 tsp garlic powder

1 tsp kosher salt

1 tsp dried oregano

½ tsp ground coriander

½ tsp ground cumin

1½ Tbsp red wine vinegar

1 whole egg

⅓ cup dried breadcrumbs

1½ Tbsp soy milk

Prepare the soup: Melt margarine in a large saucepan over medium heat. Add onion, fennel, apple, and celery; sweat vegetables until tender, about 10 minutes. Add yams, water, coconut milk, cinnamon stick, nutmeg, honey, and salt. Let simmer until sweet potatoes are tender, about 20 minutes. Discard the cinnamon stick. Purée soup in a blender until smooth.

Prepare the meatballs: Preheat oven to 350°F. Line or grease a baking sheet. In a large bowl, combine meat, spices, red wine vinegar, egg, breadcrumbs, and soy milk. Mix well. Shape into meatballs. Place on prepared baking sheet. Bake for 12-15 minutes, or until cooked through.

To serve, ladle soup into a wide, shallow bowl. Line up meatballs on one side. Garnish with cucumbers, pea leaves, and red pepper paste (optional).

