



SWEET POTATO SOUP

WHAT YOU NEED

- 2 tablespoons of olive oil
- 1 x carrots
- 1 x onion
- 1 x stick of celery
- 1 kg sweet potatoes
- 1½ pints chicken or veg stock
- ¼ pint of single cream or milk
- salt and pepper



HOW TO MAKE IT

Chop all the vegetables into bite-sized pieces. Warm the olive oil in large saucepan and add onions, carrots and celery. Cook slowly for about 10 minutes. Then add the chopped sweet potatoes. Cook for another 5 minutes. Add the stock, salt and pepper. Bring to the boil and simmer for 30 - 40 minutes. Add a the single cream, or milk, and whizz in a blender until smooth.

TIP 😊

Replace half the stock with a can of coconut milk for sweet potato and coconut soup.

Replace the sweet potatoes with ½ a butternut squash for butternut squash soup.

