

Sweet Potato & Apple Soup

Serving size: 1 cup. Serves 6
Source: trialandeater.com

Ingredients:

- 5 cups cubed sweet potato (about 4 sweet potatoes)
- 2 cups chopped apples
- 2 tablespoons olive oil
- 1 white onion , chopped
- 1 medium carrot, minced
- 3 garlic cloves, minced
- 4 cups vegetable broth
- Salt and pepper to taste
- Handful of fresh parsley for garnish

Directions:

1. Preheat oven to 450°F.
2. Place sweet potato and apples on a baking sheet and roast in oven for 20-30 minutes until tender.

3. A few minutes before taking sweet potatoes out of the oven: In a large pot, saute olive oil, onion, carrot and garlic over medium heat for 5 minutes until onions are translucent.
4. Add to the pot roasted sweet potatoes and apples, vegetable broth and salt and pepper as needed.
5. Use an immersion blender or food processor to blend to desired consistency. If soup is too thick, you can add water or more vegetable broth.
6. Serve hot and garnish with fresh parsley.



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This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office.