



SWEET POTATO SOUP

INGREDIENTS

- 1 medium onion, chopped coarsely
- 2 cloves garlic, quartered
- 1/2 cup dry white wine
- 2 large white potatoes, peeled and diced
- 3 small sweet potatoes, peeled and diced
- 2 cups water
- 3 cups chicken or vegetable stock
- 1/4 cup cream or plant-based milk
- 2 teaspoons fresh rosemary, finely chopped

INSTRUCTIONS

1. Melt the butter in a large saucepan over medium heat.
2. Cook onion and garlic, stirring occasionally, until the onion softens and the garlic is fragrant, about 2 minutes.
3. Add the wine and sweet potatoes. Bring the mixture to a boil. Once rolling, reduce heat and simmer for 2 minutes, stirring occasionally.
4. Add the water and stock to the pan. Return the soup to a boil. Once boiling, reduce the heat and cover. Simmer for 15 minutes or until the vegetables have softened.
5. Blend or process the soup mixture in batches using a blender (immersion or otherwise) or food processor until smooth.
6. Return the soup to the pan and add the cream and rosemary. Mix the ingredients and simmer over low heat until warmed through.
7. Serve warm. If you want, sprinkle with more fresh rosemary as a garnish.