

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 of 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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