

Sweet Potato & Rosemary Soup

Serves 4 main course, or 6 appetizer

Ingredients:

1 Tablespoon Olive Oil
1 large Onion, peeled and medium chopped
2 medium Sweet Potatoes, peeled and diced
2 medium Carrots, peeled and diced
3 cloves Garlic, peeled and minced
6 cups Chicken Stock
1 Tablespoon Fresh Rosemary, finely chopped
1 Teaspoon Fresh Thyme, leaves only, chopped
2 large Granny Smith (or similar) Apples, peeled, cored and diced
1/2 cup Heavy Cream
Salt & Pepper to taste

Instructions:

1. In a large soup pot heat oil over medium heat. Add onions and saute for 5 to 6 minutes, until softened, but not browned.
2. Add sweet potatoes, carrots and garlic to the pot. Saute about 5 minutes longer.
3. Stir in stock, herbs and apples. Bring to a boil and then reduce heat to a gentle simmer. Simmer for about 20 minutes until the potatoes, carrots and apples are tender.
4. Puree the mixer with a stick blender (or in a food processor or blender) until smooth.
5. Return to pan. Add cream and salt & pepper to taste.
6. Serve with sprigs of rosemary to garnish as desired.

Cook's Notes: The soup can be topped with a few pieces of diced apple that have been tossed in a few drops of lemon juice (to prevent browning).