



Creamy Sweet Potato Soup

Prep time: 15 min

Cook time: 50 min

Serves: 6

INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion
- 1 celery stick
- 1 medium leek, dark green part removed
- 1/4 teaspoon minced garlic
- 2 1/2 cups cubed sweet potatoes (about 2 large)
- 2 cups vegetable broth
- 1/4 teaspoon ground cinnamon
- Pinch of ground nutmeg (optional)
- 3/4 cup evaporated milk
- 1 tablespoon maple syrup (optional)

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Chop the onion, celery, and leek into small pieces.
2. In a pot, heat olive oil over medium heat and add onion, celery, leek, and garlic and sauté for 5-7 minutes.
3. Add sweet potatoes, vegetable broth, cinnamon, and optional nutmeg. Raise heat to high and bring to boil. Reduce heat to medium low and simmer for ten minutes. Turn the heat off and add the evaporated milk and optional maple syrup.
4. Using an immersion blender, blend the soup until smooth. Or, let soup cool for ten minutes and then blend in batches in a blender.

Leeks are related to onions and garlic but have a milder, sweeter flavor. They look like large green onions. Most recipes call for the tender white and light green parts. The tougher darker green tops are good for making stocks and broths.

Evaporated milk is milk that has been heated so most of the water evaporates. This means it is thicker than regular milk. You can find it in a can. Do not mix up evaporated milk with sweetened condensed milk. Both come in a can, but sweetened condensed milk has sugar added.



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