

SAVOURY SWEET POTATO APPLE SOUP

YIELD: 4 SERVINGS



INGREDIENTS

2 tbsp	(30 mL) oil
1	large onion, coarsely chopped
1	1 large peeled, diced apple
3/4 tsp	(40 mL) salt
2-3 tsp	curry powder
1-3/4 cups	(450 mL) vegetable broth
1-3/4 cups	(450 mL) unsweetened apple juice
2	large peeled, cooked and mashed American sweet potatoes
1	(100 g) container plain low-fat yogurt
4-6	fresh sprigs of cilantro
	pecans or chopped red pepper (optional)

METHOD

1. Cook and stir until onion begins to brown, about 5 minutes.
2. Add broth and apple juice. Bring to a boil, reduce heat to low; simmer 5 minutes.
3. Add mashed sweet potato and with an immersion blender or food processor mix ingredients until smooth.
4. Bring to a second boil over medium heat; whisk in yogurt. Reheat just until hot (do not boil).
5. Serve topped with cilantro, apple slice, pecans or chopped red pepper if desired.

Recipe created by the American Sweet Potato Marketing Institute

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