



Roasted Sweet Potato Soup with Hot Garlic

This cream free blender soup is both healthy and elegant. Sweet potatoes are at the pinnacle of the vegetable nutrition list.

Ingredients

2 tbsp vegetable oil
3 sweet potatoes
1 tbsp **Hot Garlic Mashed Potato Seasoning** (to taste)
5 Ontario garlic cloves peeled and chopped
2 tbsp. finely minced ginger
½ tsp salt
4 cups chicken stock



Directions

Preheat oven to 375°F (190C) to roast potatoes for a robust flavour.

Lightly oil a very large baking pan with shallow sides. Peel potatoes and slice in sixth – in similar sizes. Toss potato pieces with garlic and oil, coating evenly. Spread on cookie sheet and bake 20 minutes, then turn over potatoes and bake until fork tender and richly browned, 10-15 min. more.

Place ginger in a food processor. Add potato mixture with some chicken stock and **Hot Garlic Mashed Potato Seasoning**, pulsating until liquid. Continue to do in batches using up potatoes and stock. Season to taste with salt & pepper.

Put in soup pan on stove and bring to a simmer for approximately 10 minutes, stirring often to develop the flavours. May thin with water (or cream if preferred).

Serve garnished with fresh cut chives or parsley or green onion. Swirl with a bread stick.

Serves 6

Adapted from Food & Drink Magazine



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