

Sweet Potato Soup (Adapted from Sunkist.com)

Vegan Makes 6 servings

Ingredients:

- 1 medium-large onion, chopped
- 1 1/2 tlb Coconut oil
- 1/8 tsp. each ground allspice, cloves and nutmeg
- 1 1/2 lbs. orange-fleshed sweet potatoes
- 3 cups vegetable broth
- 1/2 orange, grated peel
- 1 cup fresh orange juice (about 1 cup per 3 oranges)
- Green onion
- Salt and Ground white pepper to taste

Equipment:

- Sauce Pan
- Knife
- Peeler
- Cutting Board
- Emersion Blender

Instructions:

1. Peel and Chop onion
2. In 3-quart saucepan, sauté onion in oil with spices until just softened, about 5 minutes
3. Peel Sweet Potatoes and cut into 1-inch pieces (about 4 1/2 cups per 1 1/2 pounds) (I leave the peels on if organic)
4. Add sweet potatoes, veggie broth and orange peel; bring to boil
5. Reduce heat; cover and simmer until potatoes are tender, about 20 minutes
6. Remove from heat; uncover and cool slightly
7. Use an emersion blender and blend sweet potato mixture until smooth. (Or use a blender for a more creamy version)
8. Return to saucepan; add orange juice and pepper
9. Heat; do not boil
10. Garnish each serving with sliced green onion.