

Sweet Potato Soup

A simple, healthy soup just in time for fall.



INGREDIENTS:

3 large sweet potatoes
1 sweet onion, chopped
3 stalks celery, sliced
15 baby carrots, chopped
1 garlic clove, minced
5 cups vegetable stock
2 cups coconut milk
Salt and pepper to taste

DIRECTIONS:

1. Peel and chop the sweet potatoes into cubes
2. Chop baby carrots, onion, celery and mince the garlic
3. Put all the vegetables into a slow cooker
4. Pour 5 cups vegetable stock on top of the vegetables
5. Add salt and pepper
6. Cook in the crock pot on low for 8 hours or on high for 4 hours in the slow cooker/crockpot
7. After the veggies are all cooked, shut off the slow cooker and transfer the veggies to a blender or food processor
8. Add 2 cups coconut milk
9. Blend until smooth

credit: aprilgolightly.com



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