

CREAMY SWEET POTATO & APPLE SOUP



Yield: 6-8 servings | Total Cook Time: 1 hr and 15 minutes



Ingredients

- 1 Tbsp canola oil
- 2 small yellow onions, sliced into strips
- 1 cup apple juice
- 3 cups chicken stock
- 1/2 cup half and half
- 2 apples, peeled and cut in chunks
- 1 lb sweet potatoes, peeled and cut in chunks
- 1/4 tsp cinnamon
- Pinch nutmeg, to taste
- Salt to taste

Instructions

- Over medium heat, add canola oil and onions to a large soup pot. Cook onions until they turn a deep caramel color, about 15-20 minutes.
- Add apple juice to browned onions and, using a spoon, scrape all the flavor off the bottom of the pan.
- Add remaining ingredients. Bring to a simmer and let it cook until potatoes are tender, about 20-25 minutes.
- Remove from heat and strain over a large bowl, saving soup liquid. Puree softened potato mixture in a blender or food processor, until ingredients get smooth.
- When potato mixture is smooth, stir it back into the remaining soup liquid.

Sweet potatoes and apples are complex "carbohydrate carbohydrates". This means that they break down slowly in the body, helping us to feel satisfied for longer and resulting in a slower rise in blood sugars. Slow is good when it comes to blood sugar control! Sweet potatoes also contain beta carotene, a strong antioxidant that helps protect the body against stress.

