INDIGENOUS FOOD LAB MARKET

SIMPLE SWEET POTATO SOUP

servings: 2-4 | prep time: 1 hour | cook time: 20-25 min

INGREDIENTS

- 2 T Seka Hills Arbequina extra-virgin olive oil
- 2-3 medium-large sweet potatoes, roasted
- 4 cloves garlic, peeled & chopped
- 1 medium onion, diced
- 1 T salt, or to taste
- ½ T ground black or white pepper
- 3 c chicken, turkey, or vegetable stock
- ½ c Willa's Oat Milk Barista Blend or coconut cream

DIRECTIONS

ROAST SWEET POTATOES:

1. Preheat oven to 400 degrees.
2. Pierce sweet potatoes with fork multiple times.
3. Roast for 45-50 minutes.
4. Cut potatoes lengthwise, scoop insides into a bowl and reserve.

SWEET POTATO SOUP

1. Heat a heavy pot over medium-high heat. Add olive oil.
2. When oil is shimmering, add garlic and onions. Cook until tender, about 5 minutes, stirring frequently.
3. Add broth and roasted sweet potato. Stir until well combined.
4. Add oat milk or coconut cream and bring to a boil.
5. Reduce heat to a simmer and cook, uncovered, for 10-12 minutes. Stir occasionally.
6. Remove from heat and let cool slightly. Transfer to blender (or use immersion blender) to blend until smooth. Add salt and pepper to taste.

NOTES

Feel free to experiment with this soup! Add protein by adding IFL Great Northern Beans or leftover turkey. To enhance the roasted flavor of the soup with some smokiness, add a few rehydrated IFL Chipotle Chiles while simmering. Add a little Native Wise pure maple syrup or Chantico Raw agave syrup to balance out the saltiness. Be creative!