

SWEET POTATO SOUP

Ingredients:

3 lbs ORGANIC sweet potatoes
1/4 cup ORGANIC shallots, diced
1/4 cup ORGANIC unsweetened butter
2 qrts cold water

Procedure:

Peel potatoes. Save 1/4 of peels on each. Cut into small bits.

Melt butter in large pot, add diced shallots until translucent.
Add water & potatoes. Bring to boil, then simmer. Cook till soft.

ZOOM/blend until mashed/puréed. Drain if necessary!! Add salt/spices to taste and/or a dollop of cream when serving.

From Jeanette N. in Newport News, VA