

Sweet Potato Bisque

(Serves 4 – 6)

2 tablespoons extra virgin olive oil
1 onion, chopped
3 cups ½ – inch chunks fresh sweet potatoes, peeled, or 3 (15 oz) cans sweet potatoes, drained
2 cups vegetable broth
1 teaspoon dried thyme leaves
1/8 teaspoon cayenne
1 cup low fat or soy milk

Pepper to taste

In large pot, sauté onion until tender, about 4 minutes. Add sweet potatoes and broth and bring to boil. Reduce heat and simmer, covered, 15 minutes or until potatoes are tender.

Pour mixture into food processor and blend until smooth; return to pot. Add thyme, cayenne and milk and keep warm. Season to taste.



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