Cream of Sweet Potato Soup

Jacob · 30/09/2024



Prep Time

2 hrs 5 mins

Dificult

Medium

Servings

6

Description

This cream of sweet potato soup is easy to prepare ohsoelegant and a favorite at my house The kids love it because it has a slightly sweet taste and its my husbands favorite soup Serve warm with buttery garlic bread and a crisp green salad You can also serve cold with cucumber or watercress sandwiches

Ingredients

- - 3 large sweet potatoes - 3 (14 ounce) cans low-sodium chicken broth - ¼ cup brown sugar
- or more to taste - ½ teaspoon salt
- or to taste - ¼ teaspoon ground nutmeg - 1/8 teaspoon black pepper
- or to taste - 1 pinch cayenne pepper
- or to taste - ? cup heavy cream

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Adjust the oven rack to the middle position. Bake sweet potatoes directly on the rack in the preheated oven until soft
2. about 1 hour 30 minutes. Remove from the oven and let cool slightly. Peel sweet potatoes and place flesh in a blender. Purée in batches with chicken broth
3. using enough broth so it blends smoothly. Transfer puréed mixture to a large saucepan. Bring to a simmer over medium-high heat
4. then reduce heat to medium-low. Stir in brown sugar
5. salt
6. nutmeg
7. black pepper
8. and cayenne pepper; cover and let simmer for 10 minutes. Remove from heat and stir in cream. Recipe Tip You can cook sweet potatoes in the microwave if you prefer.