

Sweet potato soup with rosemary

Serves 6



Ingredients

- 450g/1lb orange-fleshed sweet potatoes**
- 1 medium onion**
- 3 garlic cloves**
- 1 tablespoon rosemary leaves or large sprig of fresh rosemary**
- 1 vegetable or chicken stock cube**
- 3pint/1.7 litres of boiling water**
- Sprinkle of pepper**

Method

- 1. Peel and chop the onion and garlic.**
- 2. Peel and thickly slice the sweet potato.**
- 3. Heat the stock cube in a large pan over a medium heat, add the garlic, onion and rosemary and fry for 1-2 minutes. If it starts to stick add a little water.**
- 4. Add the sweet potato and continue to cook for 2 minutes, stirring frequently.**
- 5. Pour in the water and bring to the boil and simmer over a low heat for about 20 minutes or until tender.**
- 6. Remove the rosemary and liquidise the soup in and pass through a sieve if needed.**
- 7. Return to the pan, re-heat and serve.**

When adding the rosemary try putting it in a muslin cloth or a piece of foil with a small hole in it. This is so it is easy to take out when the soup is ready.