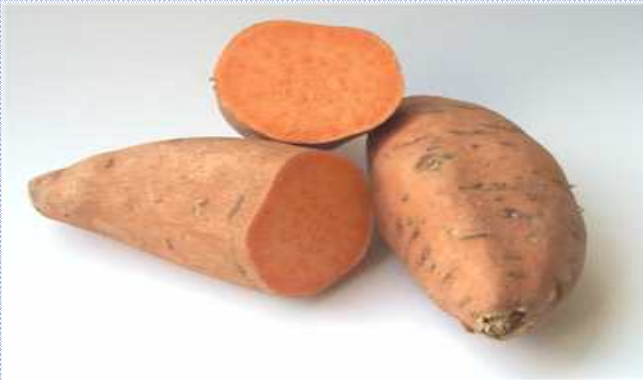


Sweet potato soup with rosemary

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
- 1.7 litres/3 pints 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.