

SWEET POTATO-SCALLION SOUP (SERVES 8)

INGREDIENTS:

Optional: 1 bunch scallions
3 pounds sweet potatoes (about
3 large)
2 tablespoons extra virgin olive
oil, canola oil, or vegetable oil
8 cups water or broth (chicken or
vegetable, preferably low-
sodium)
Salt and pepper

TIPS:

- Makes 8 bowls of soup; a good size for a lunchtime entrée.
- Freezes well. To freeze, cool the soup, pack it in plastic containers, and freeze.

DIRECTIONS:

1. If using, wash the scallions, peeling off and discarding any soggy outer layers. Trim off and discard about an inch from the green parts. Trim off and discard the hairy root end, being careful not to cut off too much of the white part. Cut the scallions on a diagonal into thin slices.
2. Scrub sweet potatoes clean under cold water. (A vegetable brush is very useful for this.) Peel the sweet potatoes. Cut sweet potatoes into 1-inch chunks.
3. Heat a soup pot or large saucepan over medium-high heat for a couple minutes. Add oil. Add scallions, if using, and cook, stirring, until they begin to soften, 30 seconds to 1 minute. Add sweet potato chunks, stir to combine, and add water or broth. Season lightly with salt. Bring to a boil, lower to a simmer, and cook until sweet potatoes are completely tender, usually 20-30 minutes.
4. If desired, puree soup in a blender or using a hand blender. (Soup does not have to be pureed; it can be served as it is. If sweet potato chunks are too large, break them up with a potato masher or by stirring them around with a large spoon.) Season to taste with salt and pepper.