

Cinnamon Swirl Creamy Sweet Potato Soup



Ingredients


- 2 TBSP butter
- 1 CUP chopped onion
- 2 small celery stalks, chopped
- 1 medium leek, sliced
- 1 clove garlic, chopped
- 1 ½ LBS sweet potatoes, peeled & diced into 1-inch pieces
- 5 ½ CUPS chicken stock
- 2 cinnamon sticks
- ¼ TSP ground nutmeg
- 2 TBSP maple syrup
- SLR's Spice of Life (or another salt-substitute) to taste
- ¼ CUP scallions, chopped
- 2 TSP ground cinnamon

Directions

- 1** Melt butter over medium-high heat
- 2** Add chopped onion and sauté for 5 minutes
- 3** Add chopped celery stalks and leek, sauté mixture 5 minutes
- 4** Add garlic and sauté for 2 minutes
- 5** Add sweet potatoes, 4 cups chicken stock, cinnamon sticks and nutmeg, and bring to a boil
- 6** Reduce heat and simmer uncovered until potatoes are tender, about 20 minutes
- 7** Remove cinnamon sticks and discard
- 8** Puree soup in blender until smooth then return to pot
- 9** Add remaining 1 ½ cups chicken stock and maple syrup to soup and stir over medium-low heat until fully heated
- 10** Season soup to taste with SLR's Spice of Life
- 11** Ladle soup into bowls & sprinkle top with scallions and dash of cinnamon, stir top of soup with spoon to give a swirl effect



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