



**BRAIN HEALTHY  
COOKING**

# Soup

## *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 1½ 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

