

Roasted Red Pepper & Sweet Potato Soup

Serves 6 to 8

4 Red peppers, roughly chopped with seeds removed

3 T Olive Oil

4 Sweet Potatoes, peeled and roughly chopped

1 medium onion, diced

2 garlic cloves, chopped

3 thyme sprigs

6 C vegetable broth or chicken stock

½ C Heavy organic cream (or substitute Unsweetened Almond milk: simply thicken it by adding either organic corn starch or arrowroot and bringing to a boil to thicken)

Preheat oven to 450°. Drizzle 1 T oil on peppers, rub to coat. Place skin side up on baking sheet and roast until black. Transfer to dish and cover tightly for 15 minutes. This will allow you to remove the blackened skin easily while retaining the flavor. In a large pot, heat 2 T oil over Medium heat, add onions for 5 minutes. Add garlic for additional 3 minutes. Add peppers and thyme for additional 5. Add potatoes and stock and bring to boil. Boil until tender, about 15 minutes. Remove from heat and remove thyme. Puree then stir in cream or thickened milk.

