

Tomato and Sweet Potato Soup Recipe

Sweet potatoes and tomatoes are loaded with heart healthy plant compounds and fibre. This soup is so simple and full of flavour.

Ingredients:

3 28 oz/796ml cans low sodium canned San Marzano plum tomatoes
3 large sweet potatoes, peeled and cubed
4 cups/1L low sodium broth or water
1 medium sweet onion, chopped
5 cloves fresh minced garlic
1 tsp/5ml kosher salt
Freshly ground black pepper

Method:

1. Add all ingredients in soup stock pot. Bring to boil.
2. Reduce heat and gently boil for 30-45 minutes.
3. Use hand-held blender or put soup in food processor. Puree.
4. Stir a small amount of skim milk in each bowl when serving, if desired.
This makes it a cream of tomato soup.