

# Cream of Sweet Potato Soup

Allergens – Milk, Celery

## Ingredients

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Quantity	Ingredient
50 g	Vegetable <b>Bouillon Paste</b> (Knorr contains <b>Celery</b> )
3.5 ltr	Water
50 g	<b>Margarine</b>
1 kg	Sweet Potatoes (chopped)
180 g	Onion (diced)
750 g	Potatoes (chopped)

## Method

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1. Chop all the onions, sweet potatoes and potatoes.
2. Melt the margarine in a pan and sauté onions until tender.
3. Add the chopped sweet potatoes and potatoes.
4. Add enough water to cover the vegetables, add the bouillon and simmer for 30 to 40 minutes.
5. Pureé with a stick blender and reheat to 82°C before serving.
6. Season to taste.

## Nutritional Content per 200g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 91.1	= 2.8	= 0.7	= 3.5	= 0.7	= 15.9

**Portion size** - Primary – 200g

Reviewed March 2019