

## Sweet Potato Soup *Week 3*

### **Ingredients:**

2 sweet potatoes

2 onions

2 carrots

2 Tbsp unsalted butter

1 l ( 37 oz) chicken stock (use unsalted chicken stock or water for the baby)

### **Method**

Melt the butter in a large saucepan and add the sliced onions.

Cook onions for 5 minutes on medium heat until they become soft, stirring occasionally.

Peel and dice your carrots and potatoes. Add them to the pan.

Pour the chicken stock over and bring everything to a boil.

Simmer for 20 minutes or until the vegetables are tender.

Transfer the mixture to a food processor and puree everything.