

Sweet Potatoes 2 WAYS

GARLIC & PARMESAN ROASTED SWEET POTATOES

SERVINGS: 4

PREP TIME: 10 MIN

COOK TIME: 35 MIN

Ingredients

2 sweet potatoes
4 Tbsp grated parmesan
Olive Oil
Minced garlic or garlic powder to taste
1 tsp Dried thyme
Salt & Pepper to taste

Directions

1. Preheat oven to 400
2. Peel & slice the sweet potatoes into rounds, place in a bowl
3. Drizzle with olive oil, toss with parmesan, garlic, thyme, salt & pepper.
4. Arrange in a baking dish, and top with more parmesan & garlic if desired
5. Bake for 35 minutes or until tender



SWEET POTATO SOUP

SERVINGS: 6-8

PREP TIME: 15 MIN

COOK TIME: 40 MIN

Ingredients

2 Tbsp olive oil
2 carrots, washed & chopped
2 med sweet potatoes, peeled & chopped
1 onion chopped
1 apple, peeled, cored & chopped
2 cloves of garlic
1 Tbsp grated ginger
1 Tbsp cumin powder
4 cups vegetable broth
Salt & pepper to taste

Directions

1. Heat the olive oil in a large pot over medium heat then add onions, garlic, & carrots and sautee until carrots are tender
2. Add in the sweet potatoes and apple, and cook for 3-4 minutes
3. Add ginger, cumin, salt, pepper, and broth. Bring to a boil
4. Reduce heat, cover, and allow to simmer for 20 minutes, or until potatoes are fork tender.
5. Puree with a stick blender in pot, or allow to cool slightly and put into a blender & blend until smooth.