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SWEET POTATO AND LEEK SOUP

Sweet Potato and Leek Soup is an easy-to-cook highly nutritious soup that will boost your immunity and keep you feeling fuller for longer.

Serves 2

Per serving: 244 Calories, 1% fat

Prep time 10 mins

Cook Time 25 - 40 mins

INGREDIENTS

300g sweet potato, peeled and diced
2 large leeks, chopped
2 garlic cloves, crushed
750ml - 1 litre vegetable stock (add a Vegetable Stock Pot if possible)
200ml semi-skimmed milk
fresh chives, to garnish (optional)

METHOD USING A SOUP MAKER

1. In a non-stick saucepan or frying pan sprayed with rapeseed oil, dry-fry the leeks and crushed garlic for 1-2 minutes until soft then place in the soup-maker.
2. Add the chopped sweet potatoes and 750ml of the stock and cook on high for 25 minutes, seasoning well with freshly ground black pepper.
3. Liquidise for 30 seconds, allow to rest before pulsing again for 60 seconds to ensure it is smooth. If too thick, add more stock.
4. Just before serving, add the milk and bring back up to near boiling, if necessary. Sprinkle with chives and serve in warm bowls.

METHOD USING A PAN

1. In a non-stick saucepan or frying pan sprayed with rapeseed oil, dry-fry the leeks and crushed garlic for 1-2 minutes until soft.
2. Add the sweet potatoes and the stock and bring to a gentle simmer and season well. Cook until the potato is soft.
3. Allow to cool slightly then place in a liquidiser and whizz until smooth, adding more stock if the soup is too thick.
4. Just before serving, add the milk and bring back up to near boiling, if necessary. Sprinkle with chives and serve in warm bowls.

