



# Creamy Sweet Potato Soup 4-6 servings

## INGREDIENTS

- 2 Tbps Oil
- 1 onion, diced
- 2 cloves garlic, chopped
- 1/2 tsp cinnamon
- 3 - 4 sweet potatoes, peeled and cut into 1 inch cubes (about 2 pounds)
- 4 cups chicken, vegetable stock, or water
- 1 tsp paprika
- 1/2 tsp salt
- Freshly ground black pepper

## DIRECTIONS

1. In a large pot, heat oil over medium heat. Add onion and season lightly with salt and pepper. Cook until translucent, about 5 minutes.
2. Add garlic and cook 2 more minutes, until fragrant.
3. Stir in sweet potatoes, stock or water, cinnamon, and paprika. Bring to a boil. Reduce heat and simmer for 30 minutes, until potatoes are very tender.
4. Using a blender, immersion blender, or food processor, puree mixture. Return mixture to pot; season with salt and pepper. Enjoy!



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