

## Soup/Sweet Potato And Apple

- A: 2 medium sweet potatoes, peeled and cut into 1"  
1 red apple, peeled and cut into 1"  
1 medium onion, cut into large pieces  
3c garlic, peeled  
2T olive oil
- B: 4C broth (vegetable or chicken)  
salt/pepper
- C: yogurt or sour cream
1. Preheat oven to 450F.
  2. Place (A) in roasting pan and toss until coated with oil. Roast 30 minutes, stirring twice.
  3. Transfer (A) to blender and add (B). Puree to smooth, thick soup.
  4. Serve with (C).
- Servings: 4



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*From the kitchen of David and Jennifer Deaven*