



SWEET POTATO & RED PEPPER SOUP



Ingredients

- 1 small to medium white or yellow onion
- 2 sweet potatoes
- 1 roasted red pepper (I buy a fresh one and roast it myself...much cheaper!)
- Garlic (as much as you can handle...I use 3 to 4 teeth)
- 1 can Garbanzo beans
- **Frozen corn---optional (I do not use corn, but it would go well in this soup)
- Olive oil
- Butter
- Bouillon (chicken or vegetable)
- Cumin, curry, pepper, **salt (VERY optional)

Directions

1. Skin and dice the sweet potato. Boil until soft. Save the water!
2. Chop the garlic. Coat the red pepper with olive oil and garlic. Roast the red pepper until soft. While the red pepper is roasting, sauté the onion with butter and salt in the same pot you plan to cook the soup in. Chop the red pepper when it cools.
3. Add the garlic and red pepper to the pot after the onions are sautéed.
4. Puree the sweet potato with the water they were cooked in. Add enough water to cover the top of the sweet potato. Add the puree to the pot.
5. Add ½-1 can garbanzo beans to the pot.
6. Add the remaining water. Add more if needed.
7. Slowly cook the soup and add the bouillon to taste. While the soup is warming, add the cumin, curry, and pepper to taste.
8. If you want frozen corn, add after the garbanzo beans. Give the corn enough time to warm.