

Sweet Potato Soup

さつまいものスープ

● Ingredients (servings 2)

1 Sweet Potato

1 Onion

1 Tbsp. Olive Oil or Margarine

½ tsp. Salt

1 cup Vegetable Stock

1 ½ cups Soy Milk

● Onion



Mince a peeled onion.
Heat 1 Tbsp. of olive oil or margarine in a sauce pan and cook the onion for 6 minutes over medium heat.

● Sweet Potato



Meanwhile, dice a peeled sweet potato. After cooking the onion for 6 minutes, add the sweet potato and $\frac{1}{2}$ tsp. of salt to the pan. Stir.

● Simmer



Pour 1 cup of vegetable stock and bring to a boil. Once it boils, simmer over medium-low heat for 20 minutes.

● Hand Blender



Turn off the heat and pour 1.5 cups of soy milk. Blend with a hand blender until smooth. Heat up until right before it boils. Before serving, take a little taste and season with salt and/or pepper to taste.

