

1. Put oil into a bowl and add onion and garlic cover and cook on FULL POWER for 2 mins.
 2. Add sweet potato and red pepper to bowl with approx 100ml of the stock. Cover and cook on FULL POWER for 8 mins or until potato is soft.
 3. Add the rest of stock and cook on FULL POWER FOR 3 mins.
 4. Blend soup until smooth and season with black pepper if required.
 5. Serve soup with crusty bread.
- 1 Onion, peeled and chopped
2 cloves garlic, crushed
2 tbs oil
350g sweet potato, peeled and cut into small pieces
1 Red pepper, deseeded and chopped
750ml vegetable stock
Black pepper.

'What's Cooking!' Recipe Card***soup*****SWEET POTATO AND RED PEPPER SOUP**

FOOD FACT:
Sweet potatoes and red peppers are a great source of carotenoids that help with vision, skin problems and cancer protection.

Preparation time 8mins

Cooking time 13mins

Serves 2- 4