

# Sweet Potato and Orange Soup



## Food Fact:-

Sweet potatoes are rich in dietary fibre and vitamins A & C.

Serves 4

**Preparation time** 15 mins

**Cooking time** 15 mins



## Sweet Potato & Orange Soup

### Ingredients

1. Put the oil and onion in a large microwavable bowl, cover and cook for 2-3 minutes on high, to soften but not colour the onion.
2. Add the sweet potatoes, potatoes, orange juice, stock and ground coriander. Cover and cook 10-12 minutes until the vegetables are tender.
3. Cool a little then whiz, taste for seasoning and serve with crème fraîche and the crispy bacon/salami. Also good served chilled.

*2tbsp cooking oil*  
*1 large onion, finely chopped*  
*500 g sweet potatoes, peeled and chopped*  
*200 g potatoes, peeled and chopped*  
*½ orange juice and zest*  
*700 ml vegetable stock*  
*½ tsp ground coriander*  
*150 ml milk/soy alternative*  
*Salt and freshly ground black pepper*  
*crispy bacon/salami (optional)*

