

# ***Sweet, Sweet Potatoes Soup***



## **Ingredients:**

- 1 & 1/2 pounds of carrots, peeled and chopped**
- 1-pound sweet potatoes, peeled and chopped**
- 1 yellow onion for 8 ounces chopped onion**
- 1-inch fresh ginger, peeled and sliced or 1/2 tsp. dried spice**
- One and a half quarts of homemade 4-hour chicken bone broth**
- 1 cup milk alternative (coconut, almond, cashew, or rice milk)**
- Fine Sea Salt**

## **Directions:**

- 1. Put carrots, sweet potatoes, onion, ginger, turmeric and 4-hour bone broth in large stockpot.**
- 2. Bring to a boil over high heat. Reduce the heat to medium and cook, covered, for about 20 minutes, until the vegetables are tender.**
- 3. Remove from the heat and blend with blender until smooth.**
- 4. Stir in alternative milk and season to taste with sea salt.**

**4-Hour Bone Broth:** In stockpot put a whole chicken. Cover with filtered water. Add 1 whole organic onion, 2 large carrots (peeled and chopped), 4 celery stalks (chopped), 1 clove of garlic, 1 tsp. Lemon balm dried (or ¼ cup of fresh leaves). Simmer for 4 hours. Discard veggies and debone the chicken, saving the meat for another delicious recipe!

**Prep time: 15 minutes      Cook time for Sweet Potatoes Soup 20 minutes.      Yields: 10 cups**