

Sweet Potato Soup

<http://pajamachef.wordpress.com/2010/12/06/sweet-potato-soup/>

Ingredients:

- 7 cups sweet potato, roughly peeled and chopped [for me, this was 2 large]
- 1 cup carrot, diced [2 medium]
- 3/4 cup onion, minced
- 2 cups chicken broth
- 1/2 teaspoon dried sage
- 1/4 teaspoon dried basil
- 1/8 teaspoon freshly ground black pepper
- 1/8 teaspoon nutmeg
- 12 ounces fat free evaporated milk

Directions:

Combine sweet potato, carrot, onion, and chicken broth in a large stock pot and cook over medium heat until the sweet potato is soft [hint: the smaller the pieces of sweet potato, the faster it will cook... and stir constantly or you may end up with a not-so-nice layer of crusty potato at the bottom of your pot...whoops!]. Mix in sage, basil, pepper, and nutmeg, then bring to a boil. Reduce heat to a simmer and then add the milk, stirring constantly until fully combined. Simmer for at least 15 minutes or until heated through.

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