

Sweet Potato Soup

The name says it all. Comfort at its finest!

Ingredients for Sweet Potato Soup:

- 2 cups dice sweet potatoes.
- 2 cups diced carrots.
- 1 cup diced celery root.
- 1 cup sliced [roasted red peppers.](#)
- 3 cloves garlic
- 3 bay leaves
- $\frac{1}{2}$ tsp nutmeg
- 7 cups chicken stock
- $\frac{1}{2}$ cup low fat Cream cheese
- Season with salt and pepper

Ingredients for Sweet Potato Soup:

(Note I use a pressure cooker, if using a stock pot add 1 more hour for cooking)

1. Add all ingredients except cheese and salt and pepper to a pressure cooker. Seal the lid and place over med/high heat, bring up to heat or when the safety valve clicks up and then reduce heat to low and continue to cook for 25 minutes.
2. Remove from heat and let cool for 5 minutes to release steam, then remove lid when safety valve has gone down.
3. Purée soup and add [Cream Cheese](#) and season with salt and pepper.