



Sweet Potato Soup

- 2 sweet potatoes
- 1 tablespoon unsalted butter
- 1 tablespoon flour
- 1 1/2 cups chicken broth (or vegetable broth)
- 1 tablespoon light brown sugar
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. **Scrub sweet potatoes with a vegetable brush while holding under cold running water.** Once clean, peel and cube the potatoes.
2. In a large pot, boil potatoes until they can be pierced with a fork. Remove from heat and drain the excess water.
3. Melt the butter over medium low heat in a large pot. Add flour and stir constantly until the roux achieves a light caramel color. Add the chicken broth and brown sugar to the pot. Bring to a boil, then lower to a simmer.
4. Stir in the cooked sweet potatoes, ginger, cinnamon, and nutmeg. Bring to a simmer again and cook for 5 minutes. Remove pot from the heat and using a blender, puree the soup in small batches. After all the soup has been pureed return to the pot.
5. Add milk, salt, and pepper. **Reheat the soup to steaming and enjoy!**



Additional Food Safety Notes Related To This Recipe

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One should be used for raw meats, poultry, and seafood while the other should be used for fresh produce and breads.
- Be sure to clean and sanitize the sink before you wash your produce.
- Wash hands correctly
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
 - Crock pots and slow cookers can be used to keep your soup at a safe temperature.
 - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight, shallow storage container. Do not forget to label the container with the name and the date, and store in a refrigerator that is 40°F or below.
- When reheating leftover soup, use a cooking thermometer. Reheated soup needs to reach a temperature of 165°F.

Recipe Source

http://www.recipe4living.com/recipes/easy_sweet_potato_soup_recipe.htm