

Sweet Potato-Peanut Bisque

Vegan, Gluten-Free, Healthy Immunity, High Fiber, Low added Sugars and Organic

Serves 8

Ingredients -

- 2 large organic sweet potatoes (10-12 ounces each)
- 2 tablespoons canola oil
- 1 medium organic yellow onion, chopped
- 2 cloves organic garlic, minced
- 24 ounces (3 cups) reduced-sodium organic tomato juice
- 24 ounces of organic, low sodium vegetable broth - - plus may need up to 4 oz. of filtered water
- 1/2 cup smooth natural peanut butter (I prefer fresh made at your local grocery store)
- 1-4 ounce can diced, green chili peppers (preferably hot & drained)
OR 1/8th of a tsp of cayenne pepper
- 2 teaspoons minced fresh ginger
- 1 teaspoon ground allspice
- 1 handful of freshly chopped cilantro leaves for garnish and freshly ground pepper to taste



Important: For best results, all ingredients should be fresh, local, all natural and organic.

Instructions –

1. Prick sweet potatoes in several places with a fork. Microwave on High until just cooked 7 to 10 minutes. Wrap in aluminum foil (shiny side in) - - let stand wrapped in foil 7 to 10 minutes. Then taken them out of the foil and set them aside to cool.
2. Meanwhile, after the potatoes start to cool, heat oil in a large saucepan or Dutch oven over medium-high heat. Add onion and cook, stirring, until soft - before browning, ~4 to 6 minutes. *
3. Add minced garlic to the pot and cook, stirring, for ~1 minute more.
4. * While onions are sweating, remove skins and cut sweet potatoes into bite-size ~1" pieces.
5. Stir in juice, broth, green chili peppers (or cayenne), ginger and allspice. Adjust the heat so the mixture boils gently.
6. Add sweet potatoes to the pot along with peanut butter. Stir in until peanut butter completely blends into the broth. Cook for ~15 minutes longer.
7. Add cilantro and then move ~1/3rd of the mix to "batch" process in the Vitamix® blender. Puree each batch until completely smooth.

Other Tips:

- May have to add cool water to thin it as needed during the blending stage.
- Make Ahead and refrigerate for up to 3 to 4 days.
- May want to thin with water before reheating.

Source: <http://www.eatingwell.com/recipe/252458/sweet-potato-peanut-bisque>