



## SWEET POTATO AND ONION SOUP

(Makes 2-3 servings)

1 tablespoon extra-virgin olive oil  
1 yellow onion, thinly sliced  
1 clove garlic, minced  
2 cups broth (chicken or vegetable) OR water  
2 large oranges, juiced  
1 carrot, chopped  
1 sweet potato, peeled and chopped  
2 tablespoons parsley, chopped  
salt and pepper to taste

**ASSEMBLE THE SOUP.** Heat a large pot over medium-high heat. Add oil followed by sliced onion and garlic. Sauté 3 minutes until fragrant. Add broth, orange juice, carrot, sweet potato, parsley, salt and pepper. Cover pot and let simmer 15-20 minutes until potatoes are soft.

Remove from heat and place mixture in blender. Remove the vent to allow steam to escape. Cover the hole in the top with a clean towel and blend until smooth and serve.