

Confirmation Soup Sweet Potato & Vegetable

You will need:

1 Kilo Sweet Potato (I know potatoes don't come in regular weights - but near enough will be fine).
2 Large Carrots.
1 Leek.
2 Cloves Garlic.
1 Large Onion.
1/4 tsp Thyme.
Small Pinch of Saffron (optional).
2-2 1/2 Pints of Stock - (I've used one Stockpot - but you can use your own or fresh bought also).
Salt & Pepper.

First wash, prepare and chop all the vegetables into equal pieces - this may take a little while.

Place a small amount of oil in a pan and add the vegetables.
Stir the vegetables in the oil and allow to soften a little.

Add the Thyme and Pepper.

Stir in.

Prepare the Stock and add.

Bring up to the boil. Skim off any foam.

Reduce heat and leave to simmer until the vegetables are cooked - or 90 mins if possible. The longer you allow the soup to cook the better the flavour.

Towards the end of cooking, sprinkle in a small amount of Saffron.

Blitz the soup with a blender.

If you prefer your soup a little chunkier - remove approx. 1/3 of the soup before blending and add back to the pot afterwards.

Check the seasoning.

Sprinkle on some fresh Herbs, e.g. Parsley or Coriander.

Serve and enjoy.