

Sante Fe Sweet Potato Soup

- 1 tbsp Vegetable oil
- 2 Onions, finely chopped
- 4 Cloves garlic, minced
- 1 Jalapeno pepper, finely chopped, or 2 tsp chilli powder (optional)
- 1 tsp Oregano
- 4 cups Sweet potatoes, peeled, cubed about 1 cm
- 6 cups Vegetable or chicken broth (low sodium)
- 2 cups Corn kernels
- 1 tsp Lime zest, grated
- 2 tbsp Lime juice
- Freshly ground pepper to taste
- 2 Roasted peppers, cut into thin strips (optional)
- Finely chopped cilantro or parsley (optional)

In a soup pot, heat oil over medium heat. Add onions and stir until softened. Add garlic, jalapeno pepper, and oregano; stir for 1 minute.

Add sweet potatoes and broth and stir to combine. Simmer for 90 minutes or until potatoes are tender.

Using a blender, puree the soup. Add corn, lime zest, lime juice and black pepper. Cover and let simmer 15 minutes.

Serve hot and garnish with red pepper strips and cilantro or parsley.

SLOW COOKER VERSION

In a skillet, heat oil over medium heat. Add onions and stir until softened. Add garlic, jalapeno pepper, and oregano; stir for 1 minute. Transfer to slow cooker stoneware.

Add sweet potatoes and broth and stir to combine. Cover and cook on low for 8 to 10 hours or on high for 4 to 6 hours, until sweet potatoes are tender.

With a hand-held blender, puree the soup in stoneware. Add corn, lime zest, lime juice and black pepper. Cover and cook on high for 20 minutes, until corn is tender.

Serve hot and garnish with red pepper strips and cilantro or parsley.