



# Sweet potato and rosemary soup

Prep: 15 minutes • Cook: 40 minutes • Serves: 4



## Ingredients

200g sweet potato, peeled and chopped  
2 large carrots, peeled and chopped  
2 teaspoons olive oil  
1 small onion, peeled and chopped  
1 sprig of rosemary  
Pinch ground black pepper  
1.2l zero salt vegetable stock

## For croutons

2 slices granary bread, cubed  
20g cheddar, grated

## To serve

1 slice granary bread per person or 1 savoury muffin (see separate recipe)

- 1** Preheat the oven to 180°C/160°C fan/ gas mark 4. Boil the sweet potato and carrot cubes in unsalted water until soft, then drain. Heat the oil in a large pan and add the chopped onion and rosemary, stirring occasionally until the onion is soft. Stir in the ground pepper.
- 2** Add the drained sweet potatoes and carrots to the onion pan, plus the stock. Bring the soup to the boil. Turn down the heat and simmer for a few minutes.
- 3** To cook the croutons, place the cubed bread onto a baking tray, sprinkle with the grated cheddar and bake until crispy (about 10 minutes).
- 4** Remove the sprig of rosemary from the soup and liquidise with a blender. Serve the soup hot, sprinkled with croutons, with a slice of bread or a savoury muffin or scone on the side.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low fat (less than 3g/100g) ✗  
Carbohydrate **44g**  
Low protein ✓  
Low salt ✗  
Cost per portion (December 2022) **69p**  
Energy in kcals **256**