

Donna Hay's Roasted Sweet Potato & Red Onion Soup

Serves 3- 4 as a meal

This creamy and deeply satisfying soup is a staple at our house, and couldn't be simpler to prepare. If you are a practicing vegan, simply omit the chicken stock and substitute it with vegetable broth. Finally, this soup is easily doubled and freezes well. So you can enjoy it on a weekday evening when the idea of cooking something from scratch seems impossible!

Ingredients

1 pound sweet potatoes, peeled and diced
1 red onion, finely chopped
2 tablespoons extra-virgin olive oil
1 teaspoon cumin
Kosher salt and freshly ground black pepper
3 cups chicken stock
plain yogurt, to serve *optional

Instructions

1. Preheat the oven to 425 degrees F. Place the diced sweet potatoes and onions on a baking sheet. Drizzle with the olive oil and then season with the cumin, salt and pepper. Toss the vegetables to coat evenly and then spread into one even layer.
2. Place the pan in the oven and roast, stirring every so often, for 20 to 25 minutes, until the onions have caramelized a little and the sweet potatoes are tender. The roasting time will depend on how small the sweet potatoes have been diced.
3. Meanwhile, place the chicken stock in a medium saucepan and bring to a simmer. When the onions and sweet potatoes have finished roasting, scrape them into a blender and then pour in the chicken stock. Puree until smooth and then pour back into the saucepan.
4. Taste for seasoning. To serve, ladle into shallow bowls and spoon a dollop of yogurt into the center.