Sweet Potato, Pear and Apple Soup with Hazelnut Milk

Ingredients  6 servings

- 1-3/4 pounds sweet potatoes (about 4 medium), peeled and cubed
- 1-3/4 cups water or vegetable broth
- 1 teaspoon salt, divided
- 1/4 teaspoon ground cinnamon
- 2 pears, peeled and sliced
- 2 apples, peeled and sliced
- 1 large onion, chopped
- 2 tablespoons butter
- 1 cup hazelnut milk

Directions

- In a large saucepan, combine the sweet potatoes, water, 3/4 teaspoon salt and cinnamon. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until tender.

- Meanwhile, in another large saucepan, cook and stir the pears, apples and onion in butter over medium heat for 5 minutes. Simmer, uncovered, for 5 minutes. Stir into the sweet potato mixture. Cool slightly.

- In a blender, cover and puree soup in batches; return all to one of the pans. Stir in the hazelnut milk, and remaining salt; heat through (do not boil).

Nutrition Facts

1 cup: 280 calories, 10g fat (6g saturated fat), 36mg cholesterol, 554mg sodium, 44g carbohydrate (25g sugars, 6g fiber), 4g protein.

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