

Sweet Potato Soup

SWEET POTATO SOUP

1/2 c. diced white onion
2 stalk celery, diced small

1 t. marjoram
1 t. parsley
1/2 t. savory
2 t. salt
3 c. water
2 medium carrots, diced
4 c. diced sweet potato

1 can corn, drained

1 c. soymilk
1 T. arrowroot powder, level

Sauté onion and celery in a little olive oil until onion is clear and tender, adding water a little at a time if needed. Add the next seven ingredients to the pot. Cover and simmer about 10 – 15 minutes until sweet potato is tender. Stir in corn. When soup returns to a simmer, mix arrowroot powder and soymilk together and stir into soup. Stir until it thickens but do not allow the soup to boil.