

Sweet Potato Soup

2 tablespoons olive oil

1 1/2 cups chopped sweet onion

1 cup roughly chopped carrots (3 carrots)

1 cup roughly chopped sweet apples

1 orange, for juice

1 tablespoon chopped garlic

3 pounds sweet potatoes, peeled and cut into 1/2-inch cubes

2 pounds Yukon Gold potatoes, peeled and cut into 1/2-inch cubes

1 1/2 teaspoons kosher salt

1 teaspoon black pepper

1 teaspoon ground cumin

1/4 teaspoon ground cinnamon

1/8 teaspoon cayenne pepper

5 cups chicken stock or vegetable broth

2 cups apple juice

2 tablespoons salted butter

1 cup finely chopped pecans

1 cup plain yogurt or apple yogurt topping

pumpkins seeds, optional

Heat oil in a large Dutch oven over medium-high. Add onion, carrots, and apples, and cook, stirring, until softened, about 5 minutes. Add garlic, and cook, stirring, until fragrant, 1 minute.

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Squeeze orange for juice (1/2 cup) and add to pot; then add sweet potatoes, Yukon Gold potatoes, salt, black pepper, cumin, cinnamon, and cayenne pepper, and cook, stirring, 1 minute.

Add stock and apple juice; bring to a boil. Reduce heat to medium-low, and simmer until potatoes are very tender, about 30 minutes.

Transfer potato mixture, in batches, to a blender. Remove center piece of blender lid (to allow steam to escape); secure lid on blender, and place a clean towel over opening in lid. Process until smooth. (Or process soup in Dutch oven using an immersion blender.)

Melt butter in a skillet over medium-high. Add pecans, and cook, stirring often, until toasted, about 8 minutes. Transfer to a bowl.

Top each bowl of soup with 2 tablespoons yogurt or apple yogurt topping. Sprinkle with toasted pecans or pumpkin seeds.