

Sweet Potato and Rosemary Soup (with no oil)

Serves 4

Ingredients

1 onion

3 cloves of garlic

3 large sweet potatoes or 5 small ones

1 pint of water

1 vegetable or chicken stock cube.

2 sprigs of fresh rosemary or 1 tbsp of dried rosemary

Method

1. Peel and chop the onion, sweet potatoes and garlic
2. Put all the vegetables in a pot and add a pint of water and bring to a simmer on a medium heat.
3. Add the stock cube and stir until it dissolves.
4. Turn the heat up and bring the stock to the boil. Leave for 15 minutes or until the potatoes are soft.
5. Blend the soup with a hand blender or in a food processor and add some more water if the consistency is too thick.