Baked Sweet Potato Soup

source: Food Network

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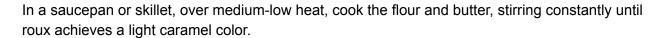
Ingredients

- 1 tablespoon flour
- 1 tablespoon unsalted butter
- 1 1/2 cups chicken broth (or vegetable broth, if desired)
- 1 tablespoon light brown sugar
- 1 1/2 cups cooked sweet potatoes
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 cup milk

Salt and pepper to taste

Sour cream for serving (optional)

Directions



Add the broth and brown sugar, bring to a boil, then lower to a simmer. Stir in the sweet potatoes and spices, bring to a simmer again, and cook for 5 minutes more.

In a blender, carefully puree the soup in batches and return to saucepan. To prevent the hot soup from splattering out of the top of the blender, I keep the lid tilted and cover the top with a dish towel, while pulsing.

Whisk in the milk and reheat soup. Season with salt and pepper; ladle into warm soup bowls and serve with sour cream, if desired.

