

## Baked Sweet Potato Soup

source: [Food Network](#)

posted on ***With a Grateful Prayer and a Thankful Heart*** blog

### 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

In a saucepan or skillet, over medium-low heat, cook the flour and butter, stirring constantly until roux achieves a light caramel color.

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.

