

Sweet Potato and Squash Soup

Serves 3-4

Ingredients

1 Sweet Potato or Yam, peeled and cut into 1 inch cubes
2-3 cups Prepared Butternut Squash Soup (such as Imagine Foods or Pacific)
3-4 Tbsp Unsweetened Apple Sauce
Light coconut milk (optional)

Method

In a large pot add about an inch of water and heat just until it begins to simmer. Add sweet potato, reduced heat to medium-low and cover. Cook for 10-15 minutes until sweet potatoes are tender. They should be easy to mash with a fork.

Drain any excess water and let sweet potatoes cool. Transfer to a food processor, add 2 cups butternut squash soup and 3 Tbsp apple sauce. Process til smooth. Add additional soup and apple sauce to reach desired consistency and taste. If using, add a few tablespoons of light coconut milk for creaminess.

Transfer to bowls and serve!

Freezing: You can also freeze this in small tupperware (about 8oz) for individual ready-to-heat and eat servings! I recommend NOT adding coconut milk to any portions that you are going to freeze as I've found it doesn't freeze well.