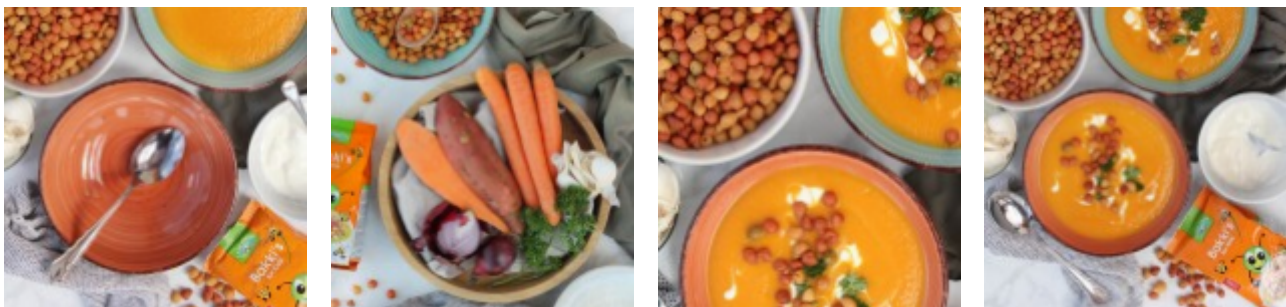


Recipes

Sweet potato soup

A hearty and creamy sweet potato soup warms the mind in Autumn. Creative names for unknown dishes arouse the curiosity of the smallest family members. All that's missing is an exciting story about the sweet potato and this soup becomes a real adventure.



Recipe

Serves 4 people

Preparation time: 30 minutes

Very easy

Ingredients for the adventure sweet potato soup:

- 6 tbsp of **LAND-LEBEN Bakkis**
- 500g sweet potatoes
- 3 large carrots
- 1 red onion
- 1 clove of garlic

- 1 tbsp freshly chopped parsley or coriander
- 1 litre of vegetable stock
- 125g sour cream
- 3 tbsp neutral oil, e.g. sunflower or rapeseed oil
- Pinch of curry or turmeric
- Salt and pepper to taste

Preparation:

- Peel the onion and garlic and chop finely. Peel the sweet potato and carrots and cut into pieces.
- Heat the oil in a pan, sauté the onion and garlic. Add the carrots, sweet potatoes and a pinch of curry and fry together briefly. Pour the vegetable stock over and let it simmer for about 25 minutes.
- Then puree the soup, stir in the sour cream and season with salt and pepper.
- Sprinkle with **LAND-LEBEN Bakkis** and freshly-chopped parsley or coriander before serving.

TIP: Leftover soup can be turned into delicious spätzle in no time at all. To do this, stir flour and an egg into the cold soup until a smooth dough is formed. Scrape the dough through a so-called spätzle sieve into boiling water. When the spätzle floats to the top, take them out of the water with a skimmer. Serve with freshly-grated mountain cheese and roasted bacon for a great taste experience.

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