



YAM ROSEMARY SOUP

PREP TIME: 30 MIN • COOK TIME: 55 MIN • YIELDS: 4 SERVINGS

INGREDIENTS

- 1 (1-pound) yam, peeled and cubed (about 3 cups)
- ¾ cup chopped sweet onion
- 1 tsp chopped fresh rosemary
- 1 tsp chopped fresh sage
- 1¼ tsp fine sea salt
- 1½ Tbsp extra virgin olive oil
- 2½ to 3 cups chicken stock (homemade or store bought)
- 1 clove garlic, minced

OPTIONAL:

- ¼ cup cooked rice to be served with the soup (Note—adding rice will add a little time to your prep/cook time depending on the package instructions.)
- For a sweeter soup, add 1½ cups of chopped carrots

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

DIRECTIONS

1. Preheat oven to 350° F.
2. Line a baking sheet with parchment paper.
TIP: This makes the cleanup easier.
3. Place chopped yams and onions (and carrots, if you want the sweeter soup option) on the lined baking sheet.
TIP: If you can, buy pre-cut/peeled vegetables to make prep easier.
4. Season the yams and onions with the rosemary, sage and ½ teaspoon of salt. Drizzle oil over the yams. Toss to coat.
5. Bake for 45 minutes or until softened and browned.
6. Pour the chicken stock in a 5-quart pot and bring to a slight boil over high heat.
7. Add the roasted yams, onions, and minced garlic. Season with the remaining ¾ teaspoon of salt. Stir.
8. Reduce the heat to medium and cook for 10 minutes, stirring occasionally.
9. Transfer the soup to a blender and blend until smooth.
10. Season to taste with salt.
11. Serve the soup warm.

TIPS AND TOOLS:

- Consider doubling the recipe and freezing half. You can easily defrost it and heat it up for use later.
- Try cooking earlier in the day if you're feeling a little more energetic in the morning.
- Customize this recipe to your liking—for example, you can throw in some protein powder for added nutrients.