

Sweet Potato and Roasted Pepper Soup Recipe

Ingredients

- 1 red pepper
- 1 tablespoon oil/25g butter
- 1 sweet potato
- 1 onion
- (Op) sprinkle of paprika/cayenne pepper
- 1 stock cube—1 litre liquid

Equipment

- 1 sharp knife
- 1 peeler
- 1 chopping board
- 1 medium/large saucepan
- 1 blender

LARGE LEAKPROOF CONTAINER

Method

1. Core the pepper and cut up. Put on a tray, drizzle with a bit of oil and roast at GM6/200C for 15 minutes.
2. Chop the onion and peel and cube the sweet potato. Lightly fry in the saucepan with some oil. Add stock and roasted red pepper.
3. Simmer for 15 minutes until potato is soft. Add sprinkle of paprika and/or cayenne pepper. Blend until smooth.

