



Sweet Potato & Carrot Soup

2 servings

- 1/2 sweet potato
- 1 large carrot, peeled and cut into 2 inch chunks
- Cooking oil
- Salt, pepper, ginger, coriander
- 1/2 T butter
- 1/4 onion, diced
- 1 garlic clove, smashed
- 1 1/4 cups vegetable stock
- 1 T Creme Fraiche

Preheat oven 425 degrees

Line a baking sheet with parchment paper. Poke holes in sweet potato and place it on prepared sheet with carrot pieces. Drizzle oil on veggies and sprinkle with salt pepper ginger and coriander to taste.

Bake for 30 minutes until soft.

Meanwhile, melt butter in saucepan and add onions. Sautee on low for 5 minutes until fragrant and translucent. Add garlic and stir. Add sweet potato, carrot and vegetable stock. Bring to a boil.

Turn off heat and use immersion blender to blend until smooth.

Stir in a tablespoon of creme fraiche while soup is still warm.

THE CULINARY

Playground



Croutons

Makes about 2 1/2 cups

- 1 Tbsp unsalted butter, melted
- 1 Tbsp Extra Virgin Olive Oil
- 2 medium garlic cloves, pressed
- 1/2 Tbsp fresh parsley, finely chopped, or 1 tsp dried parsley
- 1/4 tsp salt
- 1/8 tsp freshly ground black pepper
- 2 1/2 cups of cubed bread, with crust

Preheat oven 375 degrees.

Add butter to glass measuring cup and melt in the microwave.

Add in olive oil, garlic, parsley, salt and pepper. Whisk with a fork to combine.

Place cubed bread in large mixing bowl. Drizzle with seasoned olive oil and toss until breadcrumbs have an even coating of oil.

Spread the bread in a single layer on a baking sheet and bake 12 - 15 minutes until they are golden brown and crunchy.