

## Roasted Poblano Sweet Potato Soup (GF,V)

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Time: 2 hours

### Ingredients

2 large sweet potatoes

2 large poblano peppers

2 tbsp. olive or avocado oil

2 sweet onions, sliced thin

4 cloves of garlic, sliced thin

1/2 tsp. course kosher salt

1/4 tsp. course black pepper

2 c. frozen corn

3 c. water

2 tsp. ground cumin

1 tsp. ground ancho chili pepper

1/2 tsp. course kosher salt

1/4 tsp. course black pepper

1 c. water

1/2 tsp. ground ancho chili pepper

### Directions:

Preheat oven to 350 degrees.

Scrub sweet potatoes, pierce a few times with a fork and wrap in aluminum foil. Bake until they are soft to the touch with your oven mit, approx. 1 hour (depending on size). Remove and let cool.

In a skillet, heat up the oil and add the thinly sliced onions, salt and pepper. Lower heat to a simmer setting and slowly cook onions for 10 minutes, stirring regularly. Add the sliced garlic and continue caramelizing over very low heat for another 15-20 minutes, stirring often.

At the same time, Set oven on broil. Line a pan with foil and spray with olive or avocado oil. Wash poblano peppers and place on the foil lined pan. Place under broiler for 5 minutes. Flip the peppers over and broil for another 5 minutes. Dampen a paper towel and once the peppers are out of the oven, wrap in the damp paper towel and place the peppers in a

paper or plastic bag for 10 minutes. Remove and pick/scrape the skin from the peppers and de-seed them. Chop the roasted peppers.

Take the skin off the roasted sweet potatoes, chop the ends off and discard both. Next chop the sweet potatoes into large chunks.

In a large dutch oven or soup pot, place the chopped peppers and sweet potatoes. Add the frozen corn and the water. Add the caramelized onions/garlic mixture and the seasonings. Cover and bring to a boil, reduce heat to low and simmer for 20 minutes.

In two batches, blend the soup in a Vitamix, high powered blender or immersion blender. You will probably need a total of 1 cup water during the blending process to thin the soup out. Return to the soup pot and reheat. Add the additional 1/2 tsp. ancho chili pepper for a final kick.

Serve as is, or add a spoon of sour cream, spiced nuts and corn kernels to garnish. See my Cuban Spiced Cashews recipe in the Appetizer page.

Serves 6.

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Nutritional Estimations: Calories 158. Total Fat 6 g. Cholesterol 0 mg. Sodium 356 mg. Potassium 373 mg. Total Carbs 25 g. Fiber 4 g. Sugars 7 g. Protein 3 g. Vitamin A 177%. Vitamin C 11%. Calcium 3%. Iron 6%.