



Sweet Potato Soup

★★★★★ 5.0 | (2)

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Submitted By: Vitamix

Dietary Interests: [Vegetarian](#), [Vegan](#), [Low Sodium](#), [No Added Sugar](#), [Low Cholesterol](#)

Yield:

3 c (720 ml)

Total Time:

25 Minutes

Difficulty:

Intermediate

Ingredients

- 1/4 (43 g) small onion, peeled
- 1/2 Tablespoon olive oil
- 1 (270 g) sweet potato, baked
- 1/2 (75 g) apple, seeded
- 1 (70 g) carrot, halved
- 1 vegetable bouillon cube
- 1 1/2 cups (360 ml) water

Directions

1. In a saucepan, sauté onion in olive oil for 5 minutes or until tender.
2. Place all ingredients into the Vitamix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and slowly increase speed to Variable 10, then to High.
5. Blend for 5-6 minutes or until heavy steam escapes from the vented lid. Serve immediately.

This recipe has been written for the C-Series and G-Series machines with Variable Speed control and 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

Nutrition Information

Serving Size 1 c (240 ml)

Amount Per Servings

Calories 130

Total Fat 2.5 g

Saturated Fat 0 g

Cholesterol 0 mg



Sodium	390 mg
Total Carbohydrate	25 g
Dietary Fiber	4 g
Sugars	8 g
Protein	2 g
