

SWEET POTATO & CORN SOUP

Ingredients

2 large sweet potatoes, diced very small
1 large zucchini, diced very small
1 large Spanish onion, diced
6 oz. baby carrots, chopped
2 Tbsp. Osem chicken soup powder
1/4 tsp cinnamon
6 c. water
2-3 tbsp. olive oil
1-2 c. frozen corn niblets

Method

- Sauté vegetables in olive oil over high heat until they begin to caramelize (approximately 5 minutes)
- Add water and bring to a boil
- Once boiling, sprinkle chicken soup powder over top & stir in
- Add cinnamon & stir
- Lower to medium heat and simmer for 20-30 minutes until vegetables are fork-tender
- Mash with a potato masher leaving some small pieces for texture
- Stir in frozen corn and heat through