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Sweet Potato Soup Recipe

Looking for a quick and healthy kid friendly recipe that is perfect for the autumn weather? Here is a favorite from the kitchen at Children First

Sweet potato soup:

1. Boil 2 large sweet potatoes and 2 carrots in enough water to cover them until soft. Nb. you will use this water later.

2. Take 1 small onion and gently fry in olive oil, add 1 carrot that is cut very small and some butter.

3. Add the cooked potatoes and carrots.

4. Sprinkle with a quarter packet of dried tomato soup or a tablespoon of tomato puree.

5. Fry for a few minutes and mash with your spoon.

6. Add the water from the veggies.

7. Mix well, then whizz with a hand blender.

Prep time 20 mins.