

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S RED PEPPER & SWEET POTATO SOUP

 **Prep:** 15 minutes

 **Cook:** 45 minutes

 **Serves:** 4

INGREDIENTS:

- Drizzle of olive oil
- 1 red onion, diced
- 1 clove garlic, sliced
- 1 red pepper, diced
- 1 large sweet potato, cubed
- Freshly ground black pepper
- Pinch **LoSalt**
- Pinch smoked paprika
- Pinch dried chilli flakes
- Handful fresh thyme sprigs, leaves stripped off, discard stalks
- ½ litre boiling water or lower salt vegetable stock
- To serve, extra fresh thyme and a sprinkle of seeds.

METHOD:

1. Heat the olive oil in a large, heavy based saucepan over a low heat.
2. Add the onion, garlic, red pepper, sweet potato, black pepper, **LoSalt**, smoked paprika, dried chilli flakes and the leaves from fresh thyme. Let the warm olive oil start to soften the vegetables.
3. Then add ½ litre of boiling water. (You can use a reduced salt vegetable stock if you want to).
4. Simmer for 30-35 minutes until the sweet potatoes are soft.
5. Liquidise using a hand blender until smooth and serve hot with an extra sprinkling of fresh thyme and a few seeds scattered on top.