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## ***Sweet Potato and Apple Soup***

- 1 3/4 Pound sweet potatoes, peeled and cut into 1-inch dice
- 1 Small parsnip, peeled and cut into 1-inch dice
- 2 Garlic cloves, coarsely chopped
- 2 Tbsp extra-virgin olive oil
- Salt to taste
- 6 Cups vegetable stock or low-sodium broth
- 1 Dash apple cider
- 1 Tsp green Tabasco sauce
- Finely diced Granny Smith apple and minced parsley, for garnish

- 1) Preheat the oven to 375 degrees F. On a baking sheet, toss the sweet potatoes with the parsnip, garlic, olive oil and salt. Bake for 45 minutes, or until tender.
- 2) In a blender, puree half of the vegetables with 3 cups of the stock; transfer to a large saucepan. Repeat with the remaining vegetables and stock. Add the apple cider and Tabasco and heat through. Season with salt. Serve with the diced apple and minced parsley.

Makes 6 Servings

