

# Our State eats

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## Sweet Potato & Ginger Soup

*Yield: 8 servings.*

- 4 medium sweet potatoes, peeled and cut into 1-inch cubes**
- 2 tablespoons olive oil**
- 2 tablespoons salted butter**
- 1 cup onions, chopped**
- 3 cloves garlic, minced**
- ½ teaspoon nutmeg**
- ½ teaspoon cardamom**
- 1 tablespoon honey**
- 2 teaspoons ground ginger**
- 2 teaspoons salt**
- 5 cups chicken stock**
- 1½ cups heavy cream (or whole milk)**
- Greek yogurt or sour cream (optional)**

Preheat oven to 400°. Place sweet potatoes on a cookie sheet lined with parchment paper. Drizzle 1 tablespoon of olive oil and sprinkle with salt.

Cook sweet potatoes for 30 minutes, or until edges are lightly browned.

In a stockpot, heat butter and remaining olive oil. Stir in onions. Cook onions for 5 to 10 minutes. Add garlic, nutmeg, cardamom, honey, and ginger. Stir onion-spice mixture and cook for 2 minutes. Stir in sweet potatoes, remaining salt, and chicken stock. Simmer for 20 minutes.

In small batches, blend soup in a blender until smooth. Add soup back to pot and stir in heavy cream. Simmer on low heat for 5 minutes. Serve hot and garnish with Greek yogurt or sour cream.

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