

Sweet Potato Bisque



Makes:

6 servings

Utensil:

Blender

Saladmaster Food Processor

3 Qt./2.8 L Sauce Pan with Cover

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Recipe:

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2 stalks

celery, strung, use Cone #2

Directions:

1. In sauce pan over medium heat, combine sweet potatoes, celery, apples, shallots, milk, stock, sherry and allspice. Stir to blend and cover. When Vapo-Valve™ clicks, reduce heat to low and cook 20 - 25 minutes, or until potatoes are soft.
2. With slotted spoon, transfer vegetables to electric food processor or blender and process until smooth.
3. Return mixture to sauce pan with liquids. If necessary, thin with additional stock or milk. (For special occasions, when a richer soup is desired, add ½ cup light cream).
4. Serve hot with a sprinkling of parsley and chopped apple pieces, if desired.

Tips:

- Milk can be substituted with rice or almond milk for a vegan version of this bisque.

[Nutritional Information per](#)

▼ [Serving](#)

Calories: 140

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 2mg

Sodium: 176mg

Total 30g

Carbs:

Dietary Fiber: 4g

Sugar: 15g

Protein: 4g

Nutritional analysis calculated using skim milk