



Bone Broth sweet potato soup with croutons and cheese toast

Preparation time: 20 mins

Cooking time: 2 hours (includes about an hour roasting in the oven)

Serves: 4

Ingredients

1 kg sweet potatoes, skin on

2 tablespoons of extra virgin olive oil + 2 tablespoons extra

2 large onions, sliced

2 large garlic cloves, chopped finely

1 small red chilli, thinly sliced

1 litre bone broth (chicken or beef), home-made or store-bought

Sourdough bread, sliced

100-150 g melting cheese (Fontina or Gruyere), grated

Method

Preheat oven to 200°C and line a baking tray with baking paper.

Scrub the sweet potatoes well, rinse and pat dry. Cut them in half lengthwise and place on the baking tray cut sides down. Bake for 40-60 minutes, depending on their size, until tender. Spoon the flesh from skins into a bowl and set aside.

Return skins to tray, hollow sides up, brush with oil and bake for 10-15 minutes until skins are crisp. Leave to cool and then break into smaller pieces.

Meanwhile place the extra oil and onions in a large saucepan on medium heat and cook for 10-12 minutes until softened. Stir in the garlic and chilli and cook for another minute.

Stir in the sweet potato flesh and bone broth, season to taste and simmer for 20 minutes. Pour into a blender or use hand blender and process to your liking (chunky or smooth).

Preheat grill to a medium heat. Place the bread slices under the grill and toast one side only. Divide cheese onto the other side of the bread and grill briefly, until the cheese melts.

Serve soup in warm bowls scattered with sweet potato skin croutons and cheese toasts on the side.