



early childhood community development centre

Sweet Potato Soup

Ingredients - makes 6 cups

- 1 tbsp vegetable oil
- 1 small onion, chopped
- 6 cups chicken stock
- 2 large sweet potatoes, peeled and chopped
- ½ tsp ground nutmeg
- ¼ tsp freshly ground black pepper

Directions

1. In a large saucepan, warm oil over medium-high heat.
2. Add onions and sauté for 2 to 3 minutes or until onions are soft and translucent.
3. Add chicken stock, sweet potatoes, nutmeg and pepper.
4. Cover and bring to a boil.
5. Reduce heat and simmer for 25 minutes or until potatoes are tender.
6. Remove soup from heat and, in batches, puree soup in a blender or food processor until smooth.
7. Return soup to saucepan and heat to serving temperature.

Source: Better Food for Kids: Your essential guide to nutrition for all children from age 2 to 6

By: Joanne Saab, RD, and Daina Kalnins, RD

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