



Slow-Cooker Sweet Potato Soup



INGREDIENTS

2 tbsp Hy-Vee salted butter, for garnish
12 fresh sage leaves, for garnish
2 medium Honeycrisp apples, cored and cut into ¼-in. slices
2 medium sweet potatoes, peeled and cut into 1-in. cubes (about 1¼ lb.)
1 large shallot, finely chopped
1 (32-oz.) container low sodium vegetable broth
¼ cup Full Circle Market organic raw unfiltered apple cider vinegar
2 tbsp chopped fresh sage, divided
1 tbsp Hy-Vee ground cinnamon
1 tbsp Hy-Vee Select 100% pure maple syrup
½ tsp Hy-Vee salt, plus additional to taste
1 tsp ground turmeric
Hy-Vee heavy whipping cream, for garnish
Coarsely ground Hy-Vee black pepper, for garnish

PREPARATION

- 1** For garnish, if desired, melt butter in a large nonstick skillet over medium-high heat. Add sage leaves; cook for 1 to 2 minutes or until leaves begin to crisp. Remove leaves from skillet; reserve butter in skillet. Drain sage leaves on paper towels; set aside.
- 2** For soup, add apples, sweet potatoes and shallot to the same skillet. Cook over medium-high heat for 2 to 3 minutes or until apples are softened. Transfer to a 5- to 6-qt. slow cooker. Stir in vegetable stock, vinegar, 1 Tbsp. chopped sage, cinnamon, maple syrup, ½ tsp. salt and turmeric. Cover and cook on HIGH for 3 to 3½ hours or until apples and sweet potatoes are very tender, stirring occasionally.
- 3** Blend soup mixture using an immersion blender until completely smooth. Stir in remaining 1 Tbsp. chopped sage. Cover and cook on LOW for 30 minutes.
- 4** To serve, ladle soup into serving bowls. Garnish with cream, black pepper and fried sage leaves, if desired. Season to taste with additional salt.

NUTRITION FACTS

Calories: 130
Total Fat: 3g
Saturated Fat: 2g
Trans Fat: 0g
Cholesterol: 10mg

Sodium: 210mg
Carbohydrates: 25g
Fiber: 4g
Sugar: 10g
Protein: 1g