

Brussels Sprout Soup

From – *Kelli Hoover*

1 onion – chopped
1 sweet potato – peeled & chopped
2 Tbsp butter or olive oil
1 lb Brussels sprouts – quartered
3 cups chicken broth
½ -1 tsp salt
¼ – ½ tsp curry powder
1/8 tsp pepper
1 egg yolk
¼ cup milk or cream
sour cream and paprika for garnish - optional

- In a large saucepan, saute onion and sweet potato in butter or oil until tender.
- Add Brussels sprouts, broth, salt, curry powder and pepper.
- Bring to a boil, reduce heat, cover and simmer for 12-15 minutes or until vegetables are tender.
- Cool to room temperature.
- Puree in small batches in a blender or food processor, return to pan.
- Combine egg yolk and milk, then stir into soup.
- Cook and stir for 4-5 minutes over medium heat – do NOT boil.
- Garnish with sour cream and paprika if desired.



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