

Chunky Sweet Potato and Lima Bean Soup

From – *Brain Food Cookbook*

2 Tbsp olive oil
1 onion – chopped
1 celeriac – peeled and diced
1 carrot – chopped
1 large sweet potato – peeled and chopped
1 can lima beans – drained and rinsed
4 cups vegetable stock
1 large handful fresh cilantro leaves
2 Tbsp Parmesan cheese
salt & pepper

- Heat the oil in a large saucepan over medium heat.
- Add onion, celeriac and carrot.
- Cook stirring frequently for 8-10 minutes or until softened.
- Add the sweet potatoes and beans and cook stirring for 1 minute.
- Add the stock and bring to a simmer.
- Season to taste with salt and pepper.
- Cover and simmer for 25-30 minutes until all the vegetables are tender.
- Let cool slightly.
- Transfer 1/3 of the soup to a blender and blend until smooth. Then return to saucepan and mix in well.
- Garnish with cilantro and Parmesan cheese before serving.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com