

# Sweet Potato & Red Pepper Soup

by Coupar Angus Food Focus Café  30 mins  Serves 4

#SoupOnSaturday



A tasty, colourful soup, Sweet Potato and Red Pepper is the perfect soup to end the #SoupOnSaturday show. It's simple to make but, tastes like it's second day soup!

## Ingredients

- 2 Red Peppers (seeds removed and chopped)
- 1 Large (or 2 Small) Sweet Potatoes (peeled and chopped)
- 1 Onion (peeled and chopped)
- 2 Cloves of Garlic (peeled and chopped)
- 1.2 Litres Boiling Water
- ¼ Tsp Thyme
- 3 Tbsp Sunflower Oil

## Method

1. Heat the oil in a large pan, add the onions and garlic, and cook until transparent.
2. Add the sweet potatoes, peppers and thyme.
3. Add water and flavourings, cover the pot, and simmer for 20 minutes.
4. Blend, serve, and enjoy!