

Sweet Potato and Red Pepper

(Adapted from the Coupar Angus Café Collection)

#SoupOnSaturday

Description

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!



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!