



ROASTED GARLIC *and* SWEET POTATO SOUP

with **BONE BROTH**

A quick and easy soup to make using a few pantry ingredients along with beef bone broth. Incredibly nourishing and anti-inflammatory!

Servings: 2-3 | Prep time: 15 min | Cook Time: 1 Hour

INGREDIENTS:

For the Soup:

- 2 large or 3 medium sweet potatoes
- 1 onion, halved
- 1 head of garlic*
- 2 stalks celery, cut into 3 inch long sticks
- 2 carrots, cut into 3 inch long sticks
- Olive oil
- 1 tsp chopped fresh thyme
- ½ tsp salt, plus more to taste
- Pepper to taste
- 1 x 500mL Package of Beef Bone Broth

For the Spiced Cashews:

- 1 cup raw cashews, lightly chopped
- 1 tbsp finely chopped fresh rosemary
- 1 tsp finely chopped fresh thyme
- ¼ tsp cumin
- ¼ tsp salt, plus more to taste
- ¼ tsp cayenne pepper
- 1 tbsp olive oil
- 1 tsp maple syrup

Optional Toppings:

- Finely chopped bacon
- Spiced nuts
- Fresh thyme
- Hot sauce

INSTRUCTIONS:

1. Preheat the oven to 400 F
2. Cut the top off the head of the garlic and place on a parchment lined baking sheet along with the carrots, onion and celery. Drizzle with olive oil and a pinch of salt and pepper.
3. Poke holes in the sweet potatoes with a fork. Place on the same baking sheet and bake for 45 minutes.
4. Meanwhile, warm broth in a pot along with fresh thyme.
5. Once the vegetables have roasted add the carrots, celery and onion to a blender. Let the garlic cool slightly before squeezing in desired amount of garlic.
6. If your sweet potatoes are large, put them back in the oven for another 15 minutes.
7. When the sweet potatoes have cooked (fork tender all the way through) remove them from the oven, slice them open and add the flesh to the blender.
8. Add the broth with the thyme, salt and pepper to the blender and blend until smooth.
9. Turn the oven down to 300 F. Mix your spiced cashews with all of the spices, olive oil and maple syrup. Lay on a parchment lined baking sheet and bake for 20 minutes, mixing 3-4 times so they don't burn. Let them cool slightly and toss with more salt if desired (about 2 large pinches)
10. To serve top with spiced nuts, cooked finely chopped bacon, hot sauce and fresh thyme.

NOTES:

*Roast the whole head of garlic and then add only as much as desired to your soup. Any leftover can be saved to use in pasta sauces, mayonnaise or dressing.