



Sweet Potato, Caramelized Onion & Apple Cider Soup

1 1/2 lbs. sweet potatoes or yams
2 Tbs unsalted butter or olive oil
2 large onions peeled and thinly sliced
1 cup fresh apple cider
1/4 cup bourbon OR 1 Tbs unsulphured molasses + 3 Tbs water
2 cups chicken or vegetable stock
Salt and white pepper
Garnish: 2 Tbs chopped & toasted walnuts

Preheat oven to 400 degrees. Bake potatoes about 1 hour or until tender. Cool and then peel.

Heat butter or oil in large skillet. Stir in onions and sauté slowly until golden and tender. Stir often.

Add onions, potatoes and cider to food processor and puree until smooth. Pour into pan and stir in bourbon or molasses. Add stock & bring to a boil. Reduce heat and simmer 3 – 4 minutes.

Season with salt & pepper. Garnish each bowl with walnuts.