

Sweet potato and ginger soup

Cook:

- 1 chopped onion
- 2cm grated fresh ginger
- 2 cloves crushed garlic

In a pan with some olive oil until transparent.

Add several peeled and sliced orange sweet potatoes (the white tastes fine but looks grey and unappetising), stir and when it is just starting to break up add enough vegie or chicken stock to cover the ingredients (if you prefer a thinner soup, add a little more stock).

Simmer until well cooked and mash or blend depending on your preference for texture.

Serve with a small squeeze of lime juice, a dribble of thin cream and a sprinkle of nutmeg