



Sweet potato and carrot soup

Sweet Potatoes provide good digestion and gut health. Rich in fibre and antioxidants, the sweet potato is excellent for protecting vision, improves insulin sensitivity, and provides healthy blood pressure levels.

Ingredients

- About 2 x 2cm slices Sweet potato peeled and chopped into small chunks
- 1/4 White onion chopped
- one Carrot chopped
- one Tomato chopped
- 1 teaspoon Tomato purée
- 200ml Vegetable stock (either make your own or use a 1/2 a stock cube or stock pot)
- Salt and Pepper

Instructions

1. Slice 2 x 2cm slices of a sweet potato. Peel and cut into 1cm chunks
2. Chop the onion, tomato and carrot
3. Place all the veg into the Justme soup maker with the tomato purée
4. Fill to the MAX line with 200ml stock - be careful not to overfill
5. Add Salt and Pepper
6. Place the lid on the soup maker and turn on the power
7. When the lid is aligned correctly the soup maker will automatically default to the SMOOTH setting
8. Press the start key, the Smooth light will stop flashing and remain steady and constant

9. This indicates cooking has begun The smooth cycle starts by gently cooking your ingredients
10. After several minutes the machine will start to blend your ingredients
11. When the cycle has finished (19 mins) the machine will beep 3 times
12. Disconnect the power cable, twist the lid to reveal an overhanging lip. Use this lip to remove the lid
13. CAUTION CONTENTS WILL BE HOT
14. Serve and enjoy!! – you could always add a swirl of cream to this soup to make a more luxurious recipe