

## Sweet Potato and Vegetable Soup with Kale, Chipotle and Cream

By Camine Pappas / June 5, 2013



Peel and dice 1 ½ sweet potatoes  
Dice 3 T red pepper  
Chop one medium leek, white part only  
Rough chop enough kale for 1 heaping cup  
1 can no salt added diced tomatoes  
Salt and Pepper  
1/8 t cumin  
Sprinkle tarragon  
1/8 t ground cinnamon  
1 T chipotle sauce  
2 C Beef stock  
2 C water  
½ C dry red wine

Add to 2T Sunflower oil in Large Dutch Oven pan and sauté ingredients from potatoes to kale for 5 to 6 minutes, until kale is soft and onions are partially clear. Add seasoning and wine and let simmer for 3 more minutes. Add seasonings, stock, water and tomatoes and let simmer on medium to low heat for 15 – 20 minutes until sweet potatoes are soft but not mushy. Then add:

1 ½ C diced yellow squash  
1/3 C frozen green peas

Stir to combine, let it come to a boil and simmer til squash is done...not long, maybe 3 to 4 minutes.

Season again as needed (Salt will be needed! Especially since you're using no salt added tomatoes.), and then add 1/3 C heavy cream. Stir to combine and until bubbles start again, then take off heat. Serve in bowls with a small dash of nutmeg on top.

### Orange Tarragon Grilled Toastpoints

Take a slice of your favorite French bread and toast on one side under broiler. Turn over, butter generously and lightly drizzle with orange infused olive oil. Then sprinkle on sesame seeds, dried tarragon, and sea salt. Grill again until butter bubbles and brown on top.