



Bako Sweet Sweet Potato Soup

- 2 cups Bako Sweet Sweet Potato puree - Covington or Diane (garnet red), cooked*
- 1 cup chicken stock
- 2 cups milk
- 3 Tbs. butter
- 1 cup onions, diced
- ½ tsp. salt



1 Cup Thick Cream Mixture

Saute diced onions in butter, in a 5 qt pan, until tender. Add chicken stock, milk and sweet potato pulp, cook over low heat for 30 minutes. Add the cream just before soup is ready to serve.

*TIP

Pick out two medium size Diane red garnet or orange Covington Bako Sweet sweet potatoes, cut out bad spots, microwave on high for 6 minutes or until tender. Skin of the sweet potato will peel off easily once microwaved. Cut into chunks, add with ½ cup water to food processor or blender, process until puree.

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Another delicious choice from Country Sweet Produce