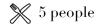
French Ex Cuisine

MADE SIMPLE

French Sweet Dea Soup



🗇 10 mins prep time

(30 mins total time



INGREDIENTS

- 1 chopped onion
- 3 medium sweet potatoes (4 cups) peeled and cut in cubes
- 1/8 tsp nutmeg
- 200 mL of cream
- salt and pepper

- 3 cups of frozen peas
- 1 liter of your preferred stock/bouillon



DIRECTIONS

- 1. Sauté the onions in a large pot for 5 minutes.
- 2. Add the rest of the ingredients Except the cream.
- Simmer for 20 minutes until completely cooked, or cook for 10 minutes in the Instant Pot.
- 4. When cooked, add the cream.
- Using an immersion blender, mix the soup to a purée. If desiring a thinner consistency, add more broth and mix again.
- 6. Re-season as necessary.
- 7. Serve in bowls, and swirl some cream on top with a pinch of nutmeg.
- This soup refrigerates well for 4-5 days or it can be stored in the freezer for up to 3 months.

Bon Appetit