

Sweet Potato Soup (Slow Cooker)



Serves	6
Prep time	20 minutes
Cook time	6 hours, 30 minutes
Total time	6 hours, 50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Soup
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot , Slow Cooker

Ingredients

- 2 Large Sweet potatoes (peeled)
- 2 Medium Carrots
- 2 Large Potatoes (peeled)
- 4 cups Home made vegetable or chicken stock (refer to Basics page)
- 1 1/2 cup Milk
- Salt (to taste)

To serve (Optional)

- Sour cream

Directions

1. Slice the vegetables into evenly sliced pieces and place into the slow cooker with the stock.
2. Cook on low for 5 to 6 hours, or until the vegetables are tender.
3. Transfer to a food processor and puree until smooth.
4. Return the pureed soup to the slow cooker and stir in the milk, add salt to taste.
5. Cook on low until heated through.
6. Serve.
7. Optional – add a spoonful of sour cream to each serving and swirl through the soup.

Note

Low Amines, Moderate Salicylates, Low Glutamates

Refer to the Basics page for [stock recipes](#).