

Loaded Baked Sweet Potato Soup

With vitamin-rich sweet potatoes, sweet-tart sun-dried tomatoes, and lots of smoked gouda, this soup is like your favorite loaded baked potato, only more delicious.

Getting Organized

EQUIPMENT

Large Saucepan

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Sweet Potatoes

Sour Cream &

Cheese

Vegetable Broth

Starter

Sundried Tomatoes,

Garlic & Onion

Good to Know

Health Snapshot per serving (serves 2)

435 Calories, 25g Fat, 11g Protein, 13 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Sweet Potatoes, Smoked Gouda, Sour Cream, Cream, Red Onion, Green Onion, Sun Dried Tomatoes, Black Pepper, Vegetable Broth.

1. Getting Organized

Bring 4 cups water to boil in a large saucepan over high heat.

2. Boil the Sweet Potatoes

Add $\frac{3}{4}$ of the **Sweet Potatoes** to the boiling water and bring entire mixture to a boil. Reduce heat to medium, cover and cook over a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the sweet potatoes and set aside. Wipe out the pot.

3. Create the Soup

Return the pot to the stove and heat 2 Tbsp olive oil over medium-high heat. Add the remaining $\frac{1}{4}$ uncooked sweet potatoes, stirring frequently to prevent sticking, and sauté until they start to brown, about 4 minutes. Stir in the **Sundried Tomatoes, Garlic & Onion** and cook until the onions brown, about 3 to 4 minutes. Add in the boiled sweet potatoes and mash with a large spoon (or potato masher) until they are the consistency of lumpy mashed potatoes.

Turn heat to high and stir in $\frac{1}{2}$ cup of water and the **Vegetable Broth Starter**. Bring to a boil, cover and reduce heat to medium-low, and cook for 5 minutes. Turn off heat and add $\frac{2}{3}$ of the **Sour Cream & Cheese**, stirring continuously until cheese is melted.

4. Finish and Serve

Ladle the soup into serving bowls & top with the remaining sour cream & cheese.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois