

Loaded Baked Sweet Potato Soup

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

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Saucepan (with a cover)
- Small Baking Sheet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- French Roll
- Cheese & Sour Cream
- Sweet Potatoes
- Vegetable Broth Starter
- Sundried Tomatoes,
Garlic & Onion

Good to Know

Health snapshot per serving – 720 Calories, 20g Protein, 37g Fat, 77g carbs, 22 Freestyle Points.

Lightened up snapshot (½ sour cream & cheese and without the French roll) 520 Calories, 58g Carbs, 27g Fat, 13g Protein, 15 Freestyle Points

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

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

meez meals

1. Getting Organized

Bring 5 cups of water to a boil in a large saucepan over high heat.

Cut each **French Roll** in half and spread ½ Tbsp of the **Cheese & Sour Cream** on the top of each of the halves. Set aside for Step 4.

2. Roast the Potatoes

Add ¾ of the **Sweet Potatoes** to the boiling water and bring the 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 ¼ 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 the heat to high and stir in 2/3's of a cup of water and the **Vegetable Broth Starter**. Bring to a boil, cover, reduce heat to medium-low, and cook for 5 minutes. Turn off heat and add 2/3 of the cheese & sour cream, stirring continuously until the cheese is melted.

4. Put It All Together

Using the “top brown” setting of your toaster oven or “broil” on your oven, heat the French rolls until the cheese starts to brown, about 2 to 3 minutes. Ladle the soup into serving bowls and top with the remaining cheese & sour cream. Serve alongside the French cheesebread and enjoy!

Instructions for two servings.

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