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DESCRIPTIONS

INGREDIENTS

4 sweet potatoes (med)
3 tablespoons margarine or unsalted butter
125ml Ontario maple syrup (Amber or Dark)
2 onions, finely chopped
2 Ontario apples, any variety
5 cups vegetable or chicken stock
1.5 cups apple juice
1/4 teaspoon nutmeg
1/8 teaspoon cinnamon
1/8 teaspoon allspice

INSTRUCTIONS

In a stock pot melt margarine and saute the onions until translucent. Add chopped sweet potatoes and apples, and cook for 2 to 4 minutes. Add half of the stock, bring to boil. Reduce heat and simmer for 30 minutes.

In food processor puree the mixture until smooth. Return mixture to pot, add remaining stock, apple juice and spices. Cook over low heat until hot.

Serve hot with apple or cinnamon garnish.

NOTES

Difficulty	Low	No of Servings	0
Vegetarian	No	Preparation Time	50minuts
Hits	2136	Cooking Time	40minuts
Votes	18	Calories	K. cal.