

Sweet Potato Bisque



Licking Memorial Hospital | Culinary Services

Sweet Potato Bisque (serves 4 to 6)

Ingredients:

- 2 tablespoons butter
- 1 large onion, peeled and diced
- 2 cloves garlic, peeled and minced
- 1 tablespoon grated ginger
- 1 tablespoon thyme
- 1/2 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 3 large sweet potatoes
- 6 cups vegetable broth
- Zest and juice of 1 orange
- 1 1/2 cups milk
- Salt and freshly ground black pepper to taste

Directions:

1. Place sweet potatoes on a sheet pan, and bake in a preheated, 375°F oven for 45 minutes.
2. Remove from oven and cool.
3. Once sweet potatoes are cool enough to handle, remove the skin.
4. Add butter to a medium stock pot over medium heat.
5. Add onions, garlic, thyme, and ginger.
6. Cook for 1 to 2 minutes.
7. Add sweet potatoes, nutmeg, cinnamon, and vegetable broth.
8. Bring mixture to a boil then reduce to a simmer for 15 minutes.
9. Add zest and juice of the orange and milk, then bring back to a simmer.
10. Add salt and pepper to taste, and serve.