

Watercress + sweet potato soup



gluten free
low in fermentable carbohydrates
wheat free
lactose free
vegetarian

A silky textured, dark emerald green soup that is very easy to make as a quick lunch or after a long day's work. Freezes well.

makes **2 portions (700mls)**
preparation **10 minutes**
cooking **15 minutes**
You will need liquidiser, food processor or hand-held blender

Ingredients

200g watercress, washed
200g sweet potato, peeled and chopped into chunks
500mls vegetable stock

Optional watercress leaves or crème fraiche (stir in just before serving) to garnish

How to make

1. Place vegetable stock in a saucepan and bring to the boil.
2. Add the sweet potato and watercress to the pan. Simmer with the lid on for about 12 - 15 minutes, until the potato is soft.
3. Liquidize to a smooth consistency.
4. Check seasoning: add some black pepper if you want to give it more oomph.

recipe: Yvonne McKenzie

photo: Paula Lingard, www.paulalingard.co.uk

www.digestiblenutrition.co.uk