THE J.M. SMUCKER Co

Sweet Potato, Pear and Ginger Soup

Prep Time	Cook Time	Serves	Difficulty
15 mins	40 mins	8	N/A

Ingredients

- 1 tbsp (15 mL) Canola Oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 tbsp (15 mL) fresh ginger, chopped
- 1 tsp (5 mL) ground ginger, or more to taste
- 5 cups (1.25 L) sweet potato, peeled, and chopped into 1/2” pieces (1 cm)
- 3 cups (750 mL) pears, peeled and chopped into 1/2” pieces (1 cm)
- 4 cups (1 L) chicken stock
- 1 can (354 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

  Evaporated Milk

- salt and pepper to taste

Directions

Step 1:

Heat oil in a large saucepan. Add next 6 ingredients and cook until fragrant, about 5 minutes. Add chicken stock. Bring to a boil. Cover pot, reduce heat and simmer for 30 minutes or until tender. Purée soup in blender, food processor or immersion blender. Return to heat. Stir in evaporated milk. Taste and adjust seasonings if necessary.

Images

