

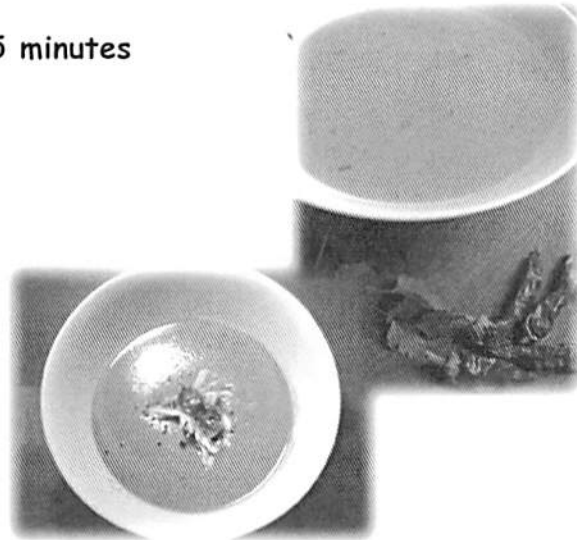
## Title: Sweet Potato & Chilli Soup

Serves: 2

Time to cook including preparation: 35 minutes

### Basic Ingredients:

- 2 medium sweet potatoes
- 1 large red pepper
- 1 large onion
- 1 fresh or dried red chilli pepper
- 1 glove of garlic
- 1 vegetable stock cube
- 1 tbsp of olive oil
- 1  $\frac{1}{2}$  pints of water
- black pepper



### Method:

1. Peel and chop the sweet potatoes and onions.
2. Chop the red pepper, garlic, and chilli pepper.
3. Add the olive oil to a pan.
4. Add the onions, garlic, chilli and cook for 2-3 minutes.
5. Add the sweet potatoes and pepper and cook for another 2-3 minutes.
6. Add 1  $\frac{1}{2}$  pint of boiling water with stock cube and boil for about 20 minutes.
7. Take off heat and blend.
8. Add some black pepper if required.

### Tips/Information:

Serve with wholemeal bread, and remember half a pepper counts as 1 of your 5 a day. Get two portions with this meal by having a glass of pure fruit juice.