

Arkansas

★ Home Grown & Homemade ★

U of A

DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System

FARM
BUREAU
ARKANSAS

Roasted Sweet Potato Soup

- 3 lbs. (about 4 medium-large) sweet potatoes
- 2 Tbsp. olive oil
- 1 Tbsp. unsalted butter
- 2 oz. uncured diced pancetta
- 1 c. white onion, chopped
- 1 c. celery hearts, chopped
- 1 c. carrots, chopped
- 5 garlic cloves, minced
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. smoked paprika
- 1/2 tsp. ground allspice
- 1/4 tsp. ground ginger
- 5 c. low sodium chicken broth
- 2 c. 1% milk

Preheat oven to 425°F. Peel, cut, and quarter sweet potatoes into chunks. Toss with olive oil and place on a large baking sheet lined with foil. Roast for 40 minutes or until lightly brown.

After roasting potatoes 20 minutes, heat butter on stovetop over medium heat in a large stock pot. Add pancetta, and stir until fully cooked, about 5 min. Remove and drain on paper towel.



In the same pot, add onion and sauté until translucent, 3-4 min. Add chopped celery and carrot, and stir for 3 more min. Add garlic, continue cooking mixture 1-2 min. Add seasonings, stir well to combine. Add in roasted sweet potatoes, chicken broth, and milk. Stir until fully combined. Cover pot and simmer 15 min. Remove soup from heat, use a hand blender to fully blend until desired consistency.

Serve soup warm. Top with croutons and diced pancetta.

Scan the QR
code to watch
us demonstrate
this recipe!

Makes 12 servings. Serving size: 1 cup. 170 calories; 9g fat; 10mg chol; 390 mg sodium; 19g carb; 5g protein

The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/affirmative action institution.