



Rooted Soup

Ingredients

Amount

Japanese sweet potato	1 medium (~8 oz)
Purple sweet potato	1 small (~4 oz)
Butternut squash	3 C cubed
Red Onion	1 C chopped
Carrots	2 medium (~6-7 inches each)
Fresh Garlic	4 cloves
Fresh ginger	2 TBS chopped
Allspice*	1 tsp
Cinnamon	1.5 TBS
Cardamom	1 tsp
Walnut oil	1 TBS
Worcester sauce	1 TBS
Maple sugar**	1 tsp
Pomegranate Molasses***	1 TBS
Stevia	½ tsp
Water	4-6 cups as needed

***You may use Apple Pie Spice with NO added sugar added)**

****Jed's Maple Shakers**

*****Alwadi is a good brand of pomegranate molasses, OR ¼ C pomegranate juice may be used instead.**

Preparation:

- Wash/ clean all vegetables. Keep the skin on all except onions, ginger, and garlic.
- Peel onions, garlic, and ginger; cut into thin slices.
- Cut all roots into 1 inch cubes.
- In a large pot, heat walnut oil on medium.
- Sautee onions, garlic and ginger in oil.
- Add all roots and mix well, cover for 3 minutes.
- Add spices, Worcester sauce, stevia, 3-4 cups water and mix, cover and cook on medium for 10-15 minutes.
- Add Pomegranate molasses, and mix well. If needed, add more water and cook on medium for 15-20 more minutes.
- Check the roots to see if they are soft and fully cooked. Carrots are the last to cook.

- If you prefer creamed soup, cook until roots are very soft, nearly falling apart. This will make it easier to cream soup in food processor.
- If you prefer soup not creamed, cook vegetables until cooked but not too soft.
- If you like to cream the soup, let it cool to room temperature.
- Carefully spoon soup in small batches into a food processor, and blend until completely creamed, transfer into a new clean pot. Continue this until all the soup is creamed and transferred into the clean pot.
- Heat soup on medium/low heat; add water if needed.
- Serve hot, garnish (optional) with 1 TBS pomegranate seeds if desired.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 136

% Daily Value *

Total Fat 3 g 5 %

Saturated Fat 1 g 3 %

Monounsaturated Fat 2 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 137 mg 6 %

Potassium 567 mg 16 %

Total Carbohydrate 27 g 9 %

Dietary Fiber 5 g 20 %

Sugars 8 g

Protein 2 g 5 %

Vitamin A 292 %

Vitamin C 36 %

Calcium 8 %

Iron 8 %