

## Cindy's Savory Sweet Potato Paleo Soup

Nutrition in Seattle with Cindy Olejar

[www.nutritioninseattle.info](http://www.nutritioninseattle.info)

### Ingredients

- 3 organic Japanese white sweet potatoes peeled and cubed
- 2 1/2 cups organic free range chicken stock
- 1 cup coconut milk
- 8 strips sugar free bacon cooked and chopped
- ½ tsp garlic powder
- 1 tsp sea salt
- ¼ cup scallions thinly sliced

### Directions

1. Peel and chop the sweet potatoes.
2. In a large pot, boil at least 2 quarts of water and add the sweet potatoes.
3. Cook until fork tender, then drain and let cool slightly.
4. Using a blender, hand blender, or food processor, to blend the sweet potatoes and chicken stock.
5. Return the blended sweet potatoes to the pot and add the coconut milk.
6. In a large skillet, brown the bacon and add it to the pot when cooked.
7. Thinly slice the scallions and cook in the skillet and add to the pot.
8. Add the garlic powder and sea salt and heat pot on low until the soup is warmed.
9. To make the soup thinner and richer add in coconut milk a little at a time until desired consistency or to make the soup thinner and less rich add more chicken stock or water a little at a time until desired consistency.

