

Best Choice Sweet Potato Soup with Grilled Cheese Croutons

Ingredients

- 3- 15oz cans Best Choice Yams, drained
- 3 tbsp Best Choice Olive Oil
- ½ tsp Best Choice Turmeric
- ½ tsp Best Choice Ground Ginger
- 1 celery stalk, thinly sliced
- 1 cup onion, chopped
- ¼ tsp Best Choice Crushed Red Pepper
- ½ tsp Best Choice Thyme leaves
- ½ tsp Best Choice Salt
- 4 ½ cups Best Choice Low-Sodium Chicken Broth
- 6 slices Best Choice 100% Whole Wheat Bread
- 4 slices Best Choice Sharp Cheddar Deli Style Cheese

Instructions:

- Pre-heat oven to 400 degrees.
- In a medium mixing bowl combine 1 tbsp olive oil, turmeric and ginger. Toss in drained yams and stir to coat. Place onto foil lined cookie sheet in a single layer. Bake for 30 minutes or until tender.
- Heat a saucepan over medium-high heat. Add 2 tsp oil, onion and celery to the pan. Sauté for 3-4 minutes. Add in salt, thyme, red pepper, broth and roasted sweet potatoes. Bring to a boil.
- Using an immersion blender, carefully blend until smooth.



Grilled Cheese Croutons

- Place 3 slices of bread on baking sheet, top with cheese and then remaining slices of bread. Bake in the oven at 400 degrees until cheese is melted, about 8-10 minutes. Cut into bite-sized croutons.
- Divide soup evenly among 6 bowls. Top each bowl with grilled cheese croutons and cracked black pepper.