

# Carrboro

# FARMERS' MARKET

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Recipe of the Week  
Jan 5, 2008

## **Sweet Potato and Collard Soup**

Recipe provided by Sarah Blacklin

This soup is great in the winter time especially if you happen to be under the weather. The red pepper adds the right amount of heat to counter the sweetness of the sweet potato. If you've frozen some poblanos from earlier in the season, these make a great addition if roasted and added to the stock.

- 4 tbl. of olive oil
- 1 med. onion
- 3 cloves of garlic (pressed or minced)
- 3 good size sweet potatoes
- 1 qt. chicken stock/vegetable stock/ or bullion if neither is available
- 4 tbl. of Apple Cidar Vinegar
- A handful of fresh sage, thyme, and oregano if available
- 1 bunch of collards (can be substituted for spinach, kale, or other available greens.  
\*Cauliflower can be used but must be added at the end
- salt and pepper to taste
- 1 tbl. of crushed red pepper

### Procedure

1. Heat the olive oil on med. heat in a large stock pot
2. Add onions, sauté until soft
3. Add garlic and fresh herbs finely chopped to onions
4. Sauté briefly (don't burn the garlic)
5. Add the stock
6. Bring the heat up to high
7. Add chopped sweet potatoes (skin adds nutritional value, but can be removed for a smoother consistency)
8. Add vinegar and the remainder of the spices
9. Once the soup reaches a boil, cut the heat down to med-low
10. Cook potatoes at a low boil until they are soft
11. Using an electric hand mixer or with a nice stiff wooden spoon, mash the potato chunks into a puree (there will be chunks)
12. Add the greens, washed and chopped
13. Keep soup at a simmer until greens are tender
14. Salt and Pepper to taste

\*Available at Market

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