

Dairy Free Roasted Sweet Potato Soup



It's that time of year when soup becomes a staple in our house. The great thing about soups is that they are quick to make, don't need cream or dairy to taste great, and soup is a really healthy option.

Roasting vegetables brings out a wonderful, deep, earthy flavour. Add in roasted garlic and some home make croutons and you've a great supper or lunch. This is one of our favourites – not least because it's ridiculously easy to make!

Free From: Dairy, Eggs, Soya, Nuts, and Gluten if you use Gluten Free Bread for the croutons

Preheat the oven to 200°C 400°F

Ingredients

Soup

2 largish sweet potatoes

4 – 5 large cloves of garlic with the skin left on

750 ml vegetable stock

1 tbsp olive oil

Croutons

1 slice brown bread cut up into squares

2 tbsp olive oil

Salt and Pepper

Method

Peel the sweet potatoes and cut up into 1 inch chunks

Drizzle 1 tbsp of olive oil onto a baking sheet

Toss the sweet potato and garlic cloves in the olive oil

Season with salt and pepper

Roast for 20 minutes in a hot oven

Leave to cool



Blend in batches with the stock, adding 250 ml of stock at a time

While you're blending the soup, toss the bread in 2 tbsp of olive oil, season with salt and pepper and pop into the hot oven for 10 minutes.

Turn the croutons over after five minutes. I think they are best if every side of the crouton is covered in olive oil.

Heat the soup up on the stove top, season with salt and pepper and serve.

This soup keeps well for several days and is a good soup for popping in a thermos if you're travelling (soups with pasta in them go all gloopy if you do this!).

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