

## Sweet Potato Pear Soup - Jane's Hearty Version

*Shared by Jane Sveska, Breast Cancer Survivor*

Start with 1 - 2 tablespoons olive oil in the soup pot over low heat.

Add:

1 chopped onion (red?)

Allow to simmer on low while you peel and chop into one-inch chunks:

3 medium-small sweet potatoes

4 large bartlett pears (I like equal parts of sweet potato and pear, about 3 cups of each, in one inch chunks).

Add pears & sweet potatoes to the pot, along with:

4 cups water

2 Knorr vegetarian vegetable bouillon cubes (each makes 2 cups)

Bring to a boil, then simmer 45 minutes or so, until veggies are soft. Use a potato masher to smash the veggies, or puree in blender or food processor (I prefer the lumpy texture; it seems heartier and more comforting than a puree).

Garnish with a dash (or more) of allspice or nutmeg, to taste.

(This really makes the soup!) A bit of sour cream, sweet cream or yogurt looks pretty swirled into the pureed version.