

Sweet Potato Broth

This home made soup is ideal for your toddler to dunk their favourite bread in.



2 servings

4 tsp olive oil

1 small onion, finely chopped

225 g sweet potato, peeled and diced

250 ml whole cows' milk

250 ml vegetable stock

Chunks fresh bread

1. Heat the 2 tsp of olive oil in a pan and gently fry the onion for about 5 minutes. Add the sweet potato, stir in the milk, stock and bring to the boil. Cover and simmer for 15-20 minutes.
2. Place the broth into a liquidiser and whiz until smooth.
3. Divide broth into 2 bowls and serve with pieces of your toddlers favourite fresh chunky bread.

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