



Serves 6

Preparation Time: 15 minutes

Cook Time: 45 minutes

INGREDIENTS:

1 large onion, peeled and diced

2 cloves garlic, peeled and minced

1 tablespoon grated ginger

1 tablespoon thyme

½ teaspoon ground nutmeg

1 teaspoon ground cinnamon

3 large sweet potatoes, peeled and diced

6 cups [Vegetable Stock](#), or low-sodium vegetable broth

Zest and juice of 1 orange

1½ cups unsweetened plain almond milk

Salt and freshly ground black pepper to taste

Sweet Potato Bisque

This sweet and savory soup could almost be a dessert soup, as ginger, nutmeg, and cinnamon are spices you find in many sweet potato and pumpkin pie recipes. The onion and garlic temper the sweetness, however, with a savory boost in this comforting recipe.

From *Forks Over Knives — The Cookbook*

The next time you're in the mood for a starchy, creamy soup, try our [potato leek soup](#) recipe.

By Del Sroufe

- 1 Place the onion in a large saucepan and sauté over medium heat for 10 minutes. Add water 1 to 2 tablespoons at a time to keep the onion from sticking to the pan.
- 2 Add the garlic, ginger, thyme, nutmeg, and cinnamon and cook for 1 minute.
- 3 Add the sweet potatoes, vegetable stock, and orange zest and juice and bring the pot to a boil over high heat.
- 4 Reduce the heat to medium and cook, covered, for 25 minutes, or until the sweet potatoes are tender.
- 5 Puree the soup using an immersion blender or in batches in a blender with a tight fitting lid, covered with a towel. Return the soup to the pot and add the almond milk. Cook for an additional 5 minutes, or until heated through, and season with salt and pepper.