**Chunky Sweet Potato and Lima Bean Soup**

From – *Brain Food Cookbook*

2 Tbsp olive oil
1 onion – chopped
1 celeriac – peeled and diced
1 carrot – chopped
1 large sweet potato – peeled and chopped
1 can lima beans – drained and rinsed
4 cups vegetable stock
1 large handful fresh cilantro leaves
2 Tbsp Parmesan cheese
salt & pepper

• Heat the oil in a large saucepan over medium heat.
• Add onion, celeriac and carrot.
• Cook stirring frequently for 8-10 minutes or until softened.
• Add the sweet potatoes and beans and cook stirring for 1 minute.
• Add the stock and bring to a simmer.
• Season to taste with salt and pepper.
• Cover and simmer for 25-30 minutes until all the vegetables are tender.
• Let cool slightly.
• Transfer 1/3 of the soup to a blender and blend until smooth. Then return to saucepan and mix in well.
• Garnish with cilantro and Parmesan cheese before serving.

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