

Plant a Row • Grow a Row & Soupalicious Toronto 2011 invite you to

Sip, Slurp and Savour ...

Alphonsa's Sweet Potatoe Pumpkin Soup

Ingredients

- 2 Cups Pumpkin cubed
- 2 Cups sweet potatoes cubed
- 1 Sweet onion
- 1 Table spoon olive oil
- 4 Cups vegetable broth
- 2 Cups water
- ¼ Tea spoon of Alphonsa's seasoning
- 2 Table spoons Coconut milk [optional]

Plant a Row • Grow a Row presents ...



soupleicious.ca

Method

Sauté the onions with olive oil add sweet potatoes & pumpkin sauté them lightly.

Add vegetable broth and water cook it until soft and puree them

Add Alphonsa's seasoning.

Add coconut milk [optional] and serve

Yield eight servings.



Recipe Courtesy of Alphonsa's.
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Ajax, ON
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www.alphonsas.ca

For more information, visit www.growarow.org

Soupleicious is an event held to support the veggie-growing and food-sharing program, Plant a Row • Grow a Row. To help all those in need, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank.