

Roasted Sweet Potato and Apple Soup

- 1 ½ cups (216 grams) sweet potatoes, peeled and cut into 1-inch chunks (about 2 medium sweet potatoes)
- 1 red apple (180 grams), peeled and cut into 1-inch chunks
- ¾ cup onion (126 grams), cut into large pieces
- 3 cloves garlic, peeled
- 2 Tablespoons olive or vegetable oil
- 3 to 4 cups vegetable broth
- Salt and pepper to taste

Preheat oven to 450 degrees. Place sweet potatoes, apple, onion, and garlic in roasting pan and toss them with oil. Roast, uncovered, stirring every 10 minutes or so until soft (about 30 minutes).

Transfer roasted vegetables to a blender or a food processor and pour in enough broth to cover them. Add a pinch of salt and pepper, then puree, adding broth to make it thinner. Serve warm.

Makes about 4 cups Per ¼ cup serving: 18 mg phe

Recipe adapted from Parenting Magazine, November 2000



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