

RUTABAGA SWEET POTATO SOUP

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 1 med. to large Rutabaga
- 1 med. to large Sweet Potato
- 2 cloves of garlic
- 4 cups Chicken or Vegetable Broth
- Salt & Pepper to taste
- Milk (optional)
- Chili Crisp Flakes (optional)
- Parmesan Cheese (optional)



Instructions:

1. Peel rutabaga and sweet potato, cut into large chunks and throw into a large pot with peeled garlic cloves.
2. Add broth* and simmer for 25 minutes, or until the vegetables are tender enough to mash easily. Add water to adjust thickness or add milk to make it creamier.
3. Season to taste.
4. Optional: garnish with chili crisp flakes and a sprinkle of parmesan cheese.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.