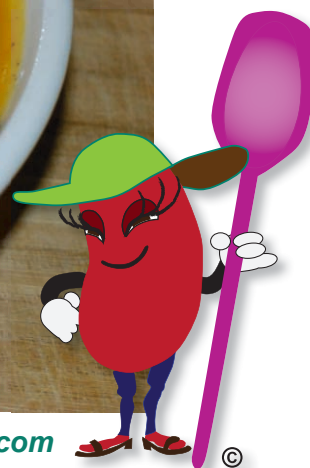


# Beans, Rice And Everything Nice

## Velvety Sweet Potato Soup with Pesto Swirl



[beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Soup Ingredients

*makes 4 - 6 servings*

2 small or 1 large leek,  
white and light green parts,  
cleaned and sliced

1.5 kilograms or 3 pounds  
orange sweet potatoes,  
peeled and diced

8 cups water

salt and pepper to taste

### Pesto Swirl

*makes 1 cup*

1 - 2 cloves garlic, peeled

Zest and juice of 1 lemon

1/2 cup soft or silken tofu

1 Tablespoon gluten-free tamari

1 Tablespoon nutritional yeast  
(optional)

1 packed cup fresh basil leaves

1 packed cup fresh Italian parsley,  
small stems and leaves

### For the Soup:

1. Heat a large soup pot over medium heat. Add the leeks and a splash of water and saute until the leeks are soft. Add 8 cups of water and bring to a boil.
2. When the water has boiled, turn off the heat, and remove the pot from the burner. Add the diced sweet potato, cover with a lid and let sit for 20 minutes. Make the pesto sauce while the soup is resting. You will find the instructions after the soup recipe.
3. After 20 minutes, return the pot to the burner and bring to a boil over medium-high heat. Reduce the temperature to medium-low and simmer for 10 - 15 minutes or until the sweet potatoes are very soft. Working in batches, blend all the solids with about 1 cup of the cooking water each batch. Return the puree to the cooking pot and stir to combine. Gently reheat the soup over medium-low heat.
4. Before serving, stir 2 - 4 Tablespoons of pesto sauce into each bowl of soup. Add salt and pepper to taste.

### For the Pesto Sauce

1. Add all the ingredients to a blender and puree until smooth. Store in a glass jar in the refrigerator until ready to serve.