

Creamy Sweet Potato, Edamame & Pinto Bean Soup

10 ingredients · 35 minutes · 2 servings



Directions

1. Heat the oil in a pot over medium heat. Add the onion and sauté for two to three minutes.
2. Add the sweet potato. Stir and cook for two to three minutes. Add the broth, thyme, salt, and pepper. Stir, cover the pot with a lid, and simmer on low heat for about 20 minutes or until the sweet potato is cooked through.
3. Add the beans and edamame to the pot. Simmer uncovered for another five minutes. Add the cream and adjust the seasoning to your taste. Simmer for another minute then turn off the heat.
4. Remove the thyme sprig and stir in the parsley. Divide the soup between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size

One serving is equal to approximately two cups.

Make it Vegan

Use coconut cream instead of half & half.

More Flavor

Add garlic and paprika.

No Parsley

Use cilantro or dill instead.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, diced)
- 2 Sweet Potato (medium, peeled, chopped)
- 3 cups Vegetable Broth, Low Sodium
- 1/8 oz Thyme Sprigs
- Sea Salt & Black Pepper (to taste)
- 1 cup Pinto Beans (cooked)
- 1 cup Frozen Edamame (thawed)
- 1/2 cup Cream, Half & Half
- 2 tbsps Parsley (chopped)