



Professional®

Soup Base



Features and Benefits:

- + Gluten Free
- + Vegetarian
- + Fast and easy to prepare
- + High quality ingredients
- + Natural flavours
- + Consistent results
- + No Cholesterol
- + Low Sodium varieties available



Curried Sweet Potato Soup

Hands On: 15 minutes

Total Time: 50 minutes

Ingredients for 20 servings

- 2 tbsp (30 mL) vegetable oil
- 1 lb (500 g) onions, peeled and chopped (about 3 large)
- 4 lb (1.8 kg) sweet potatoes, peeled and chopped
- 2 tbsp (30 mL) curry powder
- 4 garlic cloves, minced
- 2 tbsp (30 mL) minced fresh ginger
- 3/4 cup (175 mL) Dr. Oetker Low Sodium Chicken Base
- 1/4 cup to 1/2 cup (60 mL to 125 mL) 10% cream (optional)
- 1/2 cup (125 mL) finely chopped fresh cilantro

- 1 Heat oil in large pot set over medium heat; cook onions for 8 to 10 minutes or until golden and tender. Stir in sweet potatoes, curry powder, garlic and ginger; cook for 3 to 5 minutes or until fragrant.
- 2 Stir in Low Sodium Chicken Base and 16 cups (4 L) water; bring to boil. Reduce heat to medium-low; cover and simmer for about 20 minutes or until sweet potatoes are very tender. Using immersion blender, purEesoup.
- 3 Stir in cream (if using); cook for 3 to 5 minutes or until heated through. Ladle 1 cup (250 mL) soup into each bowl. Garnish with cilantro.

Chef's Tip:

- Alternatively, garnish soup with green onion, toasted coconut or a dollop of yogurt if desired.
- For a chunky soup, mash sweet potatoes by hand with a potato masher.



Recipe



ORDER CODE	GTIN	Product Name	PACK SIZE	Servings Per Case	Case Gr. Wt.
1-90-029020	10058336290203	Chicken Flavour Base	1 x 4.54 kg	189 L	5.0 kg
1-90-029035	10058336290357	Vegetable Base	1 x 4.54 kg	227 L	5.0 kg
1-90-029060	10058336290609	Beef Flavour Base	1 x 4.54 kg	189 L	5.0 kg
1-90-029014	10058336290142	Low Sodium Chicken Flavour Base	1 x 4.54 kg	157 L	5.0 kg
1-90-029054	10058336290548	Low Sodium Beef Flavour Base	1 x 4.54 kg	157 L	5.0 kg



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