

## Chipotle-Sweet Potato Soup

from *Soups*, ed. by Anna Horn  
(NY: Sterling Innovation, 2007)  
via Gene McAfee

PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES  
MAKES 4 SERVINGS

The nippy chili- and cumin-laced flavors of the Southwest are among my favorites. Here I've used both to create a captivating soup.

2 cans (14 ounces each) fat-free beef broth (see Gene's notes)  
1 large sweet potato, peeled and shredded  
1 carrot, shredded (see Gene's notes)  
1 medium onion, chopped  
1 small chipotle pepper, seeded and chopped  
1/2 teaspoon cumin seed  
1/4 teaspoon allspice  
1/4 teaspoon white pepper  
1/2 cup grated reduced-fat Monterey Jack cheese

1. Combine the beef broth, sweet potato, carrot, onion, chipotle pepper, cumin, allspice, and white pepper in a 6-quart pot. Cover the pot and bring the mixture to a boil. Reduce the heat, and simmer for 15 minutes.

2. Remove the pot from the heat; using a hand-held immersion blender, partially puree the mixture. Stir in the cheese until it melts.

### COOKS' TIP:

Chipotles are smoked, dried jalapeno peppers. If you have trouble finding them, substitute a dried cayenne pepper and 1/8 teaspoon mesquite smoke flavoring, which should be added at the end of cooking.

### GENE'S NOTES:

12/23/09 - first attempt. Excellent, although a bit fiery. Half the chipotle? The cheese helps temper the heat, as does stirring in some sour cream.

12/30/09 - second attempt. Used only half a chipotle and a second carrot (they were small-ish) - too sweet and not enough heat. Try again.

1/30/10 - third attempt, MLC retreat. Two batches, both vegetarian, one spicy (whole chipotle), one mild (half a chipotle) - excellent. Used one carton of vegetable broth for each batch and omitted carrot - right balance.