



## Carrot & Sweet Potato Soup

This soup is a comforting blend of earthy root vegetables, warm spices, and rich cream. With hints of cinnamon and nutmeg, it offers a subtle sweetness balanced by savory depth, reminiscent of traditional Celtic harvest flavors.



**Prep:** 20 min   **Cook:** 25 min   **Total:** 55 min   **Servings:** 4

### Ingredients

2 sweet potatoes, peeled  
and diced

4 carrots, peeled and diced

1/4 cup butter

1 onion, peeled and minced

1/4 tsp ground cinnamon

1/8 tsp ground nutmeg

3 cups chicken stock

1/4 cup honey

1 cup heavy cream

### Directions

1. In a large pot of boiling water, add the sweet potatoes and carrots and cook until fork tender.
2. Drain the sweet potatoes and carrots and set aside. Discard the cooking liquid.
3. In a medium saucepan, melt the butter over medium heat. Add the onion, cinnamon, and nutmeg, and cook for 5 minutes.
4. Stir in the chicken stock and honey, and cook for 10 minutes.
5. Place the sweet potatoes and carrots into a food processor and puree. Whisk the pureed sweet potatoes and carrots into the soup and bring to a simmer.
6. Whisk in the heavy cream and bring back to a simmer.
7. Ladle into bowls and serve.



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Recipe from The Unofficial Poldark Cookbook by Tricia Cohen and Larry Edwards; Published by Skyhorse  
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