

# The Best Yam Apple Soup!

Gluten-free, dairy-free, Paleo, AIP



By Karrie Billets-Functional Nutrition Health Coach

This soup is easy peasy and a winner with everyone in my family! I make big batches of it every fall (winter and spring too...it's that good!) Double the recipe so you can freeze some for later. It is full of beta-carotene, fiber, and will fill you up.

- ¼ cup grass-fed butter, (4 tablespoons), ghee or dairy-free butter
- 1 medium onion-chopped
- 2 cups sweet potatoes or yams-peeled & chopped
- 1 cup organic apples-cored, peeled & chopped
- 3 cups chicken stock (or less depending on how thin you like your soup)
- ½ tsp dried whole thyme
- 1 Tablespoon of maple syrup (optional)
- Salt & pepper to taste
- Dried nutmeg

1. In a stockpot, melt the butter. Sauté the onion for 3 to 4 minutes. Add the yams/potatoes, apples, stock, thyme, and maple syrup.
2. Bring to a boil. Reduce the heat and simmer, uncovered, until the potatoes and apples are tender, about 30 minutes.
3. In a blender, puree the mixture for about 5 pulses. Don't puree it to death if you like a little texture like me. You can use an emulsion blender if you prefer.
4. Return to the pot and reheat.
5. Season with salt and pepper. Sprinkle with a bit of nutmeg and serve



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