

Sausage and Sweet Potato Soup



Explore our original recipe for Sausage and Sweet Potato Soup, a delightful and comforting blend. Savor the perfect combination of flavorful sausages and tender sweet potatoes in this bowl of warmth and flavors. Try it now for a soup that warms the heart and satisfies the taste buds.

Preparation 15 min

Cooking 40 min

Servings 6

Nutrition Facts (per serving)

Calories 280

Fat 12

Carbohydrates 19

Fibre 3

Protein 25

Sodium 620

Ingredients

- 15 ml (1 tbsp) of vegetable oil
- 0.5 kg (1 lb) of spicy chicken or beef sausage (such as Merguez) or other variant, sliced into ¼-inch thick rounds
- 1 ½ onions, chopped
- 3 cloves of garlic, minced

- 1 medium white potato, peeled and diced into small uniform pieces
- 3-4 sprigs of fresh thyme
- 1 L (4 cups) of unsalted chicken broth
- 500 ml (2 cups) of fresh spinach or 125 ml (½ cup) of frozen spinach
- Paprika, salt, and pepper to taste

Preparation

1. Heat the oil in a large pot over medium-high heat.
2. Add the sausages and cook until they become browned, stirring often (about 8 minutes).
3. Remove the sausages from the pot and drain them on paper towels. If there is excess fat in the pot, remove some of it.
4. Add the onions and garlic to the pot and cook in the remaining fat until they become translucent, stirring often (about 5 minutes).
5. Add the sweet potatoes, white potatoes, and thyme. Cook until the potatoes start to soften, stirring often (about 12 minutes).
6. Add the broth and bring to a boil, scraping the bottom of the pot.
7. Reduce the heat, cover, and simmer until the potatoes are tender, stirring regularly (about 20 minutes).
8. Using the back of a wooden spoon, mash a portion of the potatoes to thicken the soup.
9. Add the cooked sausages to the soup.
10. Stir in the spinach and simmer until it wilts (about 5 minutes).
11. Season with paprika, salt, and pepper. Divide into bowls and serve.

Notes



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