

Ham Bone Sweet Potato Soup

HolisticQ Signature Recipe

Everyone loves Potato Soup. We sure do! Try this recipe for a super rich, and healthy way to enjoy it!

Ingredients:

- 1 leftover Ham Bone, with some meat still on it
- 4 or 5 cups diced white sweet potato
- 1 large Leek, sliced or chopped
- 3 ribs of celery chopped
- 1 large carrot chopped
- 1/2 cup chopped fresh parsley
- 2, 15oz cans coconut milk
- 2 tsp ground mustard
- 1 tsp allspice
- 1 Tbs dried thyme
- 1/2 cup water
- Salt to taste, only if making recipe without ham bone
- 2 cups grated sharp cheddar

Make the soup!

Place ham bone in large slow cooker for a couple of hours to heat through. Combine all ingredients, except cheese, in slow cooker and cook on high for 3-5 hours or until potatoes are done and meat falls off bone. Cooking time may vary with slow cookers. Remove the bones from crock pot and stir in cheese. Turn slow cooker to low for 30 minutes or so to incorporate cheese well into soup.

Serve with Sourdough or your favorite bread!