

Ham Bone Sweet Potato Soup

HolisticQ signature recipe

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

Ingredients: All Organic

1 uncured Ham Bone, with a lot of meat left on
4 or 5 cups diced white sweet potato (any variety)
1 large Leek, sliced or chopped
3 ribs of celery chopped
1 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 Ham bone 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 Paleo Biscuits and ENJOY!