

November 21, 2013

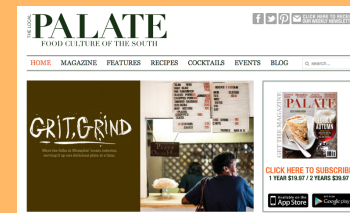


*Photos courtesy of La Coop: Bistro a Vins*

## ***Sweet Potato Leftovers Make A Sweet and Simple Soup***

Right about now, many of you are enjoying your time with family and friends

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around the table. Hopes are that you are NOT checking your email as well, so we've shared this for when the big meal is over and you're looking to deal with leftovers.

Wishing you and yours tasty times together, including and beyond today, with wonderful meals shared with people you enjoy. Here's a simple soup to get them to the table anytime, from Executive chef Bobby Benjamin and chef Jeremy Ferry at [La Coop: Bistro a Vins](#) in Louisville.

It can be made with leftover roasted or mashed sweet potatoes -- but no marshmallows allowed! The restaurant adds roasted onion and fennel along with herbs to give another life to the classic Thanksgiving side. Garnish with toasted pumpkin seeds and grated nutmeg for even more Autumn flavor.

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## *Sweet Potato Soup*

Start to finish: 1 hour

Servings: 8-10

3 large sweet potatoes (or 3 cups of leftover sweet potatoes, mashed)  
1 fennel bulb  
2 yellow onions  
2 tablespoon olive oil, divided  
1 sprig sage  
1 quart chicken broth  
1/2 quart vegetable stock  
1 quart heavy cream  
Salt and pepper, to taste  
Parmesan, shaved (optional)  
Nutmeg, grated (optional)  
Pumpkin seeds, toasted (optional)

If using leftover mashed sweet potatoes, skip to next paragraph. Preheat oven to 400 degrees. Toss whole sweet potatoes in 1 tablespoon olive oil and salt. Place on sheet pan and roast 15-20 minutes, or until soft all the way through. Set aside and cool.

Dice onions and fennel, reserving fennel fronds for garnish. On a sheet pan, add onions and fennel and toss with 1 T olive oil and salt. Roast 10-12 minutes until browned and softened.

Peel cooled sweet potatoes. In a large stockpot on medium high, add sweet potatoes, fennel and onions. Add sage, chicken broth and vegetable stock. Simmer 15 minutes.



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those Turkey Day  
leftovers:***

In a blender, puree soup in batches until smooth. In large stockpot, add pureed soup and cream. Season to taste.

To serve, pour in bowls and garnish with fennel fronds, shaved Parmesan, grated nutmeg or toasted pumpkin seeds.

[Turkey Gumbo From Chef Chris Shepherd](#)

[Day-After Dagwood Sandwich](#)

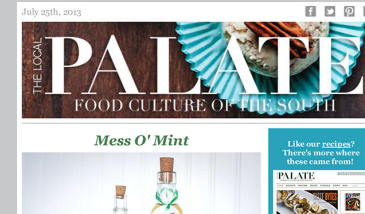


### Culinary Calendar

Click [here](#) for our calendar for the month of November and find out about some delicious culinary events happening all over the South!



Looking for more fall dishes from *The Local Palate*? Check out our recipe database [here](#) for seasonal crowd pleasers such as Apple Bacon Pie, Baked Mac and Cheese and Cranberry-Pecan Sauce.



### Share TLP

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