

Creamy Tomato Soup

INGREDIENTS

- 6 cloves garlic, mashed
- 3-4TBS ghee
- 1 medium/large sweet potato, diced
- 1TBS sea salt
- 1/2tsp black pepper
- pinch red pepper flakes
- 3-4C turkey broth
- 2 cans fire roasted diced tomatoes

1. Heat ghee in dutch oven. Once melted, add garlic and seasoning.
2. Add sweet potato and allow flavors to combine for 3-4 minutes.
3. Add bone broth and diced tomatoes, bring to a boil then allow to simmer until potatoes soften (about 20-30 min).
4. Once veggies soften, allow to cool and blend with an immersion blender (or in a Vitamix) until smooth and creamy.
5. Garnish with parmesan, basil, avocado oil and sea salt.