**Sweet potato carrot soup**

**with red tea**



**Ingredients for 8-10 servings:**

400 g sweet potatoes from North Carolina

500 g carrots

2 yellow onions

½ fresh chili

5 g fresh ginger

2 tbsp extra virgin rapeseed or olive oil

40 g butter

2 l strong Rooibos tea with citrus taste

2 vegetable stock cubes

100 ml cream

100 ml dry white wine (if you want to serve the soup cold, use sparkling wine)

Black pepper

Salt

**Directions:**

1. Peel and chop the onions and ginger. Wash, core and finely chop the chilli. Peel carrots and sweet potatoes and cut into large pieces. Heat butter and oil in a large pan. Add onions, chilli and ginger and sear.
2. Add the boiled tea, stock cubes, carrots and sweet potatoes and cook for about 15 minutes until the vegetables are soft. Then mix with a hand blender to a puree. Add the cream and simmer for about 5 minutes.
3. Add the wine just before serving. Season with salt and pepper and sprinkle the soup with a little olive oil. Crispbread with cream cheese goes well with it.

**Tip:** The soup can be served cold or warm.