

Paleo Sweet Potato Soup With Bacon

Prep 5 min. | Cook 25 min. | Makes 8 cups, about 10 3/4 cup servings

Ingredients:

6 slices sugar-free, nitrate-free bacon ([like this from US Wellness Meats](#))
1 onion, finely diced
1 teaspoon [Ras el Hanout](#)
1/2 tablespoons salt
1/4 teaspoon ground black pepper
dash cayenne pepper
5 cloves garlic, peeled and smashed
2 pounds sweet potatoes (2-3 large), peeled, quartered lengthwise, and sliced thin
4 cups chicken broth
1 cup water
garnish: fresh or dried chives



Directions:

1. Cut bacon into 1/4-inch slices and place in a cold soup pot. Heat the pot over medium-high heat and cook the bacon until it's crisp. Remove with a slotted spoon to a plate covered with paper towels and set aside to drain and crisp.
2. Keep 1 tablespoon of the fat in the pan and discard the rest. Re-heat the fat over medium-high heat, then add the onions, Ras el Hanout, salt, pepper, and cayenne. Cook, stirring occasionally, until the onions are soft, about 5-7 minutes. Toss in the garlic and stir, cooking until fragrant, about 30 seconds.
3. Add the sweet potatoes, broth, and water to the pot. Bring to a boil, reduce heat to simmer, cover, and cook until the potatoes are tender, about 10-15 minutes.
4. Working in batches and being careful (please be careful, friends!), purée the soup in a food processor or blender until it's smooth. Return to the pot, taste, and adjust seasonings. Ladle into bowls, then sprinkle with a little bacon and chives. Both the bacon and soup hold up well in the fridge for a few days.

Serving Ideas

I ate mine at breakfast, just like described above, but you might want to try a few of these:

- serve in a shallow bowl and top with fried eggs
- make it dinner by topping with cooked ground beef, shredded chicken, or pulled pork
- drizzle with a little melted ghee and extra Ras el Hanout
- sprinkle the top with some crushed [Savory Paleo Granola](#)