

Sweet Potato Pear Soup with Miso

Makes 6 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

2 pounds sweet potatoes
2 tablespoons unsalted butter
1-½ teaspoons finely minced ginger
1 15-ounce can Pacific Northwest Canned Pears, halves or sliced,
in juice, drained and juice reserved
2 tablespoons white miso
1 tablespoon soy sauce
3-½ cups water
½ cup reserved pear juice
Salt and white pepper
½ cup cream

Method

Heat the oven to 400 degrees F with a rack in the middle. Pierce the potatoes all over with a fork and set on a rimmed baking sheet. Bake until the potatoes are very soft and tender, about 1-½ hours. Remove from the oven and, when cool enough to handle, peel and scrape the pulp from the sweet potatoes into a medium bowl. Discard the skins.

Heat the butter in a large pot over medium heat. Add the ginger and sauté, stirring for 30 seconds or until fragrant. Add the pears and continue to cook until they caramelize lightly and begin to break down. Add the miso, soy sauce, 3-½ cups water and ½ cup of the reserved pear juice. Add the sweet potatoes and continue to simmer 5 minutes before removing from the heat to cool.

Purée the soup in batches in a blender or food processor, returning the purée to the pot after each batch. Season to taste with salt and pepper. (The soup can be made ahead of time and refrigerated. Reheat slowly to serve.) If the soup is too thick, add a little more water or pear juice, according to taste.

Servings

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Nutrition

<i>Calories:</i>	269
<i>Total Fat:</i>	12g
<i>Saturated Fat:</i>	7g
<i>Cholesterol:</i>	33mg
<i>Sodium:</i>	472mg
<i>Carbohydrates:</i>	39g
<i>Fiber:</i>	6g
<i>Sugar:</i>	16g
<i>Protein:</i>	4g
<i>Calcium:</i>	78mg
<i>Iron:</i>	1mg