

CARROT AND SWEET POTATO PUREE

(adapted from Giada de Laurentiis)

- 1/4 cup extra-virgin olive oil
- 1 medium shallot, diced
- 1 clove garlic, minced
- 2 pounds carrots, peeled and sliced
- 2 pounds sweet potatoes, peeled and cut into 3/4-inch pieces
- 1 teaspoon salt, plus extra for seasoning
- 1/2 teaspoon freshly ground black pepper, plus extra for seasoning
- 2 cups chicken (or vegetable) broth
- 2 cups water

Heat the oil over medium-high heat in a saucepan. Add the shallot and cook until tender, about 5 minutes. Add the garlic and cook for 1 minute until fragrant. Add the carrots, sweet potatoes, 1 teaspoon salt, and 1/2 teaspoon pepper. Cook for 5 minutes until slightly softened. Add the stock and water and bring to a boil. Reduce the heat and simmer until the veggies are tender, about 25 minutes. Drain the veggies, saving the cooking liquid. Transfer them to a food processor, and puree until still slightly chunky, adding some of the cooking liquid, until you reach the consistency you like. Taste and adjust seasoning with salt and pepper.