



Sweet Potato Soup

Ingredients

1 tbsp olive oil
1 medium onion, chopped
1/2 clove minced garlic
1 cup low-sodium chicken broth
1 medium sweet potato, peeled and diced
4 large carrots, peeled and sliced
1 red pepper, peeled and sliced
1 tbsp. chopped ginger
1/4 cup low fat Greek yogurt
Cilantro (optional)

Directions

1. Heat oil in a large saucepan. Next, add the onion and garlic. Cook for 2-3 minutes or until onion is tender.
2. Add the chicken broth and two cups of water. Bring to a boil.
3. Add in the sweet potatoes, carrots, red pepper, and ginger. Reduce heat. Cook for 15 minutes.
4. Remove from heat and cool in the fridge for 20-30 minutes. Using a slotted spoon, remove the vegetable pieces and puree them in the blender until thick.
5. Pour back into the soup and then return to the heat, cooking for 15-20 minutes or until thickened.
6. Once almost finished, add yogurt and stir. Serve immediately, topping with cilantro if desired.

Nutrition Facts

Serving size: 1 serving
Recipe yields: 4 servings
Calories: 237
Total Fat: 18 g
Total Carbs: 16 g
Protein: 3.6 g

