

Nutty Sweet Potato Soup

Recipe Type: Soup

Serves: 12

Prep Time: 20 minutes

Cooking Time: 45 minutes

C means cup T means tablespoon t means teaspoon oz means ounce

What you need:

- 1 small onion
- 2 large green peppers
- 5 medium carrots
- 3 medium tomatoes
- 2 large sweet potatoes
- 1 garlic clove
- 1 inch (in.) ginger root
- 1 T canola oil
- 1 t black pepper
- 6 C low-sodium vegetable broth
- $\frac{2}{3}$ C peanut butter
- 2 t honey

What to do:

1. Wash your hands.
2. Dice the onions, green peppers, carrots, tomatoes and sweet potatoes.
3. Cut the garlic into tiny pieces.
4. Clean the ginger root with a brush under running water.
5. Grate the ginger root.
6. Heat the oil in a large pot and cook the onions, peppers and carrots until soft.
7. Add the black pepper and garlic and cook for 1 minute.
8. Add the broth, sweet potatoes and tomatoes and bring to a boil.
9. Cook the potatoes on low heat for about 20 minutes or until the potatoes are soft.
10. Let the soup cool for 10 minutes.
11. Blend the soup until it is smooth. Only blend $\frac{1}{4}$ of soup at a time or it will explode. Repeat until all the soup is blended.
12. Put the soup back into the pot.
13. Mix in the peanut butter and honey then heat it for 5 more minutes.
14. Serve warm and enjoy!



This is a picture of 1 serving.

Contains: Peanuts

Nutrition Facts	
12 servings per container	
Serving size	1 Cup (250g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 369mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FK=5.0

