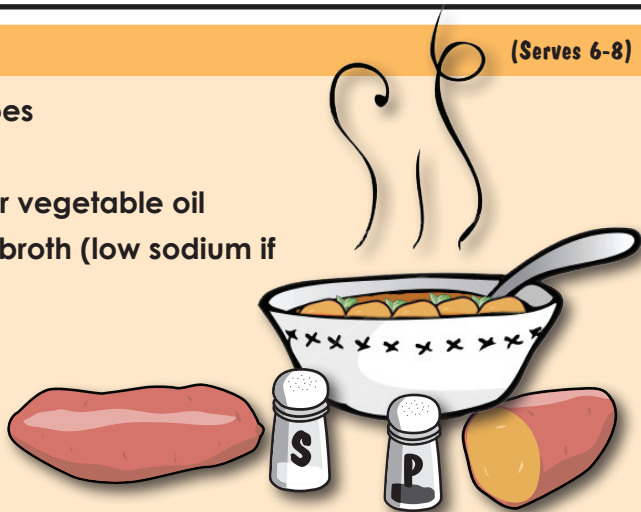


# Southwestern Sweet Potato Soup

## Ingredients:

(Serves 6-8)

- 4 medium sweet potatoes
- 1 cup red onion, diced
- 1 Tablespoon olive oil or vegetable oil
- 4 cups low-fat chicken broth (low sodium if you can find it)
- Salt, to taste
- Pepper, to taste



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## Directions:

- 1 Rinse and scrub the sweet potatoes under water.
- 2 Put the whole, unpeeled sweet potatoes in a pot and fill it with salted water until the potatoes are covered.
- 3 Cook the potatoes over medium heat for about one hour.
- 4 Drain the potatoes, and after they are cool, peel them.
- 5 In a small skillet, cook the onion and butter until the onions are soft (about 5 minutes).
- 6 Put the sweet potatoes, onion and 1 cup of the chicken broth into a blender and blend until smooth.
- 7 Put the blended mixture into a pot and add the rest of the chicken broth, salt and pepper.
- 8 Cover the pot and simmer it over low heat for about 30 minutes.
- 9 Stir the soup and put it into bowls.

## Tips:

This recipe calls for using a blender, but if you don't have one, you can just use a potato masher or a hand mixer.