Southwestern Sweet Potato Soup

Ingredients:

- 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

(Serves 6-8)

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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.