



## Sweet Potato Minestrone Soup

Created by Louisiana Sweet Potato Commission Spokeswoman, Holly Clegg

### Ingredients:

- 1 Cup chopped onion
- 1 Cup chopped carrots
- ½ Cup chopped celery
- 2 (14 1/2-oz) cans vegetable broth
- 1 Cup water
- 2 Cups fresh sweet potatoes (yams) peeled and diced
- 1 Teaspoon dried oregano
- ½ Teaspoon dried basil Salt and pepper to taste
- 1 (28-oz) can diced tomatoes, undrained
- 1 (15-oz) can Great Northern beans, rinsed and drained
- 1 (10-oz) bag fresh spinach, stemmed and coarsely chopped

### Instructions:

In a large pot coated with nonstick cooking spray, sauté onion, carrots and celery until tender. Add vegetable broth, water, sweet potatoes, oregano, basil, salt and pepper, tomatoes with juice and Northern beans. Bring to boil, cover, reduce heat and simmer 30 minutes or until vegetables are tender. Stir until spinach and cook just until wilted. Makes 6 to 8 servings.

**Serving Size:** Makes 4 servings

**Cook Time:** 30 min

### Categories:

Soup

Holly Clegg

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