



Sweet Potato and Apple Soup

Created by Louisiana Sweet Potato Commission Spokeswoman, Holly Clegg

Ingredients:

½	Cup chopped onion
4	Cups peeled chopped sweet potatoes (yams)
2	Cups peeled chopped baking apples
2	Cups fat-free low-sodium chicken broth
½	Teaspoon ground ginger
½	Teaspoon ground curry
1	Tablespoon honey
1	Cup fat-free milk
1/3	Cup chopped walnuts, toasted

Instructions:

1. In a nonstick saucepot coated with nonstick cooking spray, sauté the onions over medium heat until tender. Add the sweet potatoes, apples, broth, ginger, curry, and honey.

2. Bring the mixture to a boil, then reduce heat and simmer, covered, until the potatoes are tender, about 25 minutes. Transfer to a blender or food processor and blend until smooth.

3. Return the soup to the pot and stir in the milk until blended. Sprinkle with toasted walnuts to serve.

Terrific Tidbit: Canned sweet potatoes may be used and just add when you place mixture in the food processor.

Variations:

2 Starch
1/2 Fruit
1/2 Fat

Serving Size: Makes 5 servings - serving size: 1 cup

Cook Time: 45 min- 1 hour

Categories:

Soups
Fruit
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