

Sweet Potato and Apple soup

Ingredients:

2 pounds sweet potatoes, cooked, skins removed
2 tart apples, peeled and shredded
8 cups chicken broth or vegetable broth
2 T olive oil
1 sweet onion, diced
2 large carrots, diced
2 stalks celery, diced
1 bay leaf
1/2 t dried rosemary
1/2 t dried thyme
salt and pepper to taste
Optional garnishes: diced tart apples and feta cheese crumbles

Directions:

Peel the skins from the washed sweet potatoes, cut into large chunks and microwave in a covered dish for 5 – 8 minutes until the potatoes are soft. In a soup pot, sauté the onion and carrots in olive oil until soft. Place the sweet potato chunks and sautéed vegetables to a food processor and puree with a little of the soup broth. Transfer the puree to the soup pot and add the remaining broth, stirring until well blended. Add the shredded apples, bay leaf, rosemary and thyme to the soup mixture. Stir and heat over low to medium heat until hot. Add the diced celery and cook an additional 5 minutes. The apple will be soft, but the celery pieces should remain slightly crisp to add texture to the soup.

Ladle the soup into individual bowls and sprinkle with diced apple and feta cheese crumbles. Add salt and pepper to taste.

Serving size: 1 cup

Nutritional value:

Calories: 153
Fats: 3.7 g
Carbohydrates: 31.5 g
 4.5 g fiber
 13.9 g sugar
Protein: 2.7 g