

Nutty Sweet Potato Soup

Recipe Type: Soup

Serves: 12

Prep Time: 20 minutes

Cooking Time: 45 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 small onion
- 2 large green peppers
- 5 medium carrots
- 3 medium tomatoes
- 2 large sweet potatoes
- 1 inch ginger root
- 1 garlic clove
- 1 T canola oil
- 1 t black pepper
- 6 C low-sodium vegetable broth
- 2/3 C peanut butter
- 2 t honey

What to do:

1. Wash your hands.
2. Dice the onions, bell peppers, carrots, tomatoes and sweet potatoes, and cut the garlic into tiny pieces.
3. Scrub the ginger root with a stiff brush under running water.
4. Grate the ginger root.
5. Cut the garlic into tiny pieces.
6. Heat the oil in a large pot and cook the onions, peppers and carrots until they are soft.
7. Add the black pepper and garlic and cook for 1 minute.
8. Add the broth, sweet potatoes and tomatoes and bring to a boil.
9. Cook about 20 minutes until the potatoes are soft over a low heat.
10. Let the soup cool for 10 minutes.
11. Blend the soup until it is smooth. Only blend 1/4 of it at a time or it will explode.
12. Repeat until all the soup is blended.
13. Put the soup back into the pot.
14. Mix in the peanut butter and honey then heat it for 5 more minutes.
15. Serve warm and enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 150

Calories from Fat 80

%Daily Value*

Total Fat 9 g **14%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 150 mg **6%**

Total Carbohydrate 15 g **5%**

Dietary Fiber 3 g **12%**

Sugars 7 g

Protein 6 g

Vitamin D 0%

Calcium 4%

*** Percent Daily Values are based on a 2,000 calorie diet.**

FK=4.4; 12/6/12

Find other recipes at www.snaped4me.org



NJ SNAP - Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

To Apply for SNAP visit www.njsnap.org

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS
New Jersey Agricultural
Experiment Station