



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

SWEET POTATO SOUP

SOUTHERN LIVING - DECEMBER 2012

SERVES 8 – SERVING SIZE: 1 CUP

INGREDIENTS:

- 3 tablespoons butter
- 1 medium chopped onion
- 2 garlic cloves, minced
- 5½ cups reduced-sodium fat-free chicken broth
- 2 pounds sweet potatoes, peeled and chopped (2 large)
- 1 cup apple cider
- 1 teaspoon minced canned chipotle pepper in adobo sauce
- 1 teaspoon salt
- 2 tablespoons fresh lime juice
- ½ cup sour cream
- 2 teaspoons fresh lime juice

- Melt butter in a large saucepan over medium-high heat; add onion and sauté 5 to 7 minutes or until tender. Add garlic, sauté 1 minute. Stir in broth and next 4 ingredients. Bring to a boil; reduce heat to medium-low, and simmer 20 minutes or until potatoes are tender.
- Process mixture with a handheld blender until smooth. (if you don't have a handheld blender, cool mixture 10 minutes, and process, in batches, in a regular blender until smooth. Return to saucepan, and proceed with step 3.)
- Cook potato mixture over low heat, stirring occasionally, 5 minutes or until thoroughly heated. Stir in 2 tablespoons lime juice. Whisk together sour cream and 2 tsp. lime juice. Ladle soup into bowls, and drizzle each serving with sour cream mixture.