

Sweet Potato and Peanut Butter Soup

From King County Health Services

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/SweetPotatoSoup.aspx>

Ingredients

- 2/3 cups chunky peanut butter
- 1 tablespoon canola oil
- 2 cups onion, chopped
- 6 cups peeled and chopped sweet potato
- 1 tablespoon ground cumin
- salt and pepper, to taste
- 2 (15 1/2 oz.) cans garbanzo beans, drained
- 2 (14 1/2 oz.) cans low sodium vegetable broth
- 1 (28 oz.) can diced tomatoes, undrained

Instructions

1. Heat oil in a Dutch oven or large saucepan over medium-high heat. Add onions and sauté until lightly browned.
2. Stir in remaining ingredients, bring to a boil then reduce heat and simmer uncovered for 30 minutes or until sweet potato is tender

Makes 8 servings

Nutrition information per serving

Calories: 436	Dietary Fiber: 11g
Total Fat: 15g	Sodium: 696mg
Saturated Fat: 3g	Protein: 16g
Carbohydrates: 64g	