

Creamy Carrot and Sweet Potato Soup

1 Tbsp olive oil
2 Tbsp butter
1 cup chopped white onion
¼ tsp ground cinnamon
¼ tsp ground nutmeg
1 ½ pounds peeled and cubed sweet potatoes
3 ½ cups water
3 cups fat-free; less- sodium chicken broth
1 pound chopped carrots
¼ cup ½ and ½
salt and pepper to taste

Garnish

1/3 cup low fat sour cream
2 Tbsp fresh parsley

1. Over medium heat melt 1 Tbsp. Butter in a large cast iron pot (such as a dutch oven)
2. Add onion to the pan and cook until tender (about 5 minutes) stir occasionally to prevent browning
3. Stir constantly add cinnamon and nutmeg – cook for 1 minute
4. Push onion & spice mixture to the side of the pan and add butter, increase heat to medium –high and cook until butter starts to brown (about 1 minute)
5. Add sweet potatoes, water, broth and carrot and bring to a boil
6. Once at a boil, cover and reduce heat – simmer mixture until the vegetables are tender (about 35 minutes)
7. Place ½ of mixture into a blender and blend until smooth – place in a large bowl and repeat with 2nd half
8. Stir in ½ and ½ and s & p to taste

Serving size

1 cup of soup with about 2 tsp sour cream and a sprinkle of parsley

Calories 170 Fat: 6.7grams (saturated 4.1 grams); Protein 3.6 grams; carb 25.7 grams Fiber 5 grams