

Sweet Potato Vegetable Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8 (8 oz.)

Ingredients	Quantity	Measure
Onions, medium dice	2	cups
Celery, medium dice	2	cups
Carrots, sliced	3	cups
Green Cabbage, rough chunks	3	cups
Garlic, fresh, minced	1	tbsp.
Corn, frozen	1	cup
Mixed Vegetables, frozen	1	cups
Sweet Potatoes, small cubes	3	cups
Vegetable Broth	3	qts.
Tomato Sauce	2	cups
Salt	1	tbsp.
Pepper	1	tbsp.

Preparation

1. Sweat onions, celery, carrots and cabbage.
2. Add corn, mixed vegetables, garlic and sweet potatoes.
3. Add water and continue to cook till sweet potatoes are tender (not mushy).
4. Stir in tomato sauce, bring to a boil and allow to bubble for 2 minutes.
5. Serve.

Serving Suggestion

8 oz. garnish with fresh chopped parsley.

Nutrition Information

 *From USDA Nutrient Database

Calories: 119 Total Fat: 1g Saturated Fat: 0 Carbohydrate: 25g Protein: 4g Sodium: 281mg Vitamin A: 618µg
Vitamin C: 31mg Calcium: 71mg Iron: 1mg Folic Acid: 51µg

