

Harvest of the Month

Sahara Sweet Potato Soup

A creamy peanut-infused sweet potato soup with chick peas, kale and exotic flavors from cumin, garlic and thyme.

Yield: 6 1 1/2 cup portions

Timing: Prep time =20 min.

Ingredients

1 T. olive oil
1 c. fine chopped onion
1 1/2 c. peeled chopped sweet potato (1/2 in. cubes)
1 tsp. minced garlic
3 - 14.5 oz. cans (5 c.) chicken broth (can use low-sodium)
1/2 tsp. dried thyme or 1 Tbsp. fresh
2 tsp. ground cumin
1/2 c. long grain rice or quinoa, uncooked
1 c. fine chopped fresh kale or spinach
1-15oz. can chick peas (garbanzo beans) or black beans, drained
1 c. mild thick & chunky salsa
1/3 c. creamy peanut butter

Optional Topping: 3 Tbsp. chopped peanuts and 3 Tbsp. chopped parsley or cilantro

Method

Heat a large four-quart sauce pan on medium heat and add the oil until warm. Add onion and sauté until translucent; add sweet potato and garlic and cook about 5 minutes. Add the chicken broth, thyme, cumin and rice. Bring to a boil, reduce heat and simmer covered until rice is tender, 15-20 minutes. Add the kale and cook until tender. Add chick peas, salsa and peanut butter. Stir to combine and heat thoroughly.

Sprinkle with 1/2 Tbsp. chopped peanuts and 1/2 Tbsp. parsley or cilantro per serving. Enjoy this exotic sweet potato soup that's delicious and healthy!

Time Saving Note: if you have left-over rice, add it to the soup just before serving.

Peanut allergies: Substitute almond or sunflower butter and sliced almonds or sunflower seeds.

Harvest of the Month is a national choices. Local participants include Jackson County Public Health, Ho-Chunk Health Care Center and



movement that highlights fruit and vegetable Black River Memorial Hospital, schools, Women Infants and Children Program, area organizations. www.JacksonInAction.org



B-WELLthy Choices.

Good taste. Good health.



Photo Credit:simplehealthykitchen.com

Nutrition Info per 1 1/2 c. serving:

Nutrition Facts	
Serving Size 375 g	
Amount Per Serving	
Calories 336	Calories from Fat 124
% Daily Value*	
Total Fat 13.8g	21%
Saturated Fat 2.6g	13%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 972mg	41%
Potassium 658mg	19%
Total Carbohydrates 40.2g	13%
Dietary Fiber 5.4g	22%
Sugars 4.7g	
Protein 14.1g	
Vitamin A 39%	Vitamin C 43%
Calcium 6%	Iron 28%
Nutrition Grade A-	
* Based on a 2000 calorie diet	