



Carrot and Sweet Potato Soup

Servings: 6

Ingredients:

- 1 Tablespoon vegetable oil
- 2 small onions, chopped
- 2 cloves garlic, chopped
- ¼ teaspoon salt
- 2 sweet potatoes, washed, peeled and chopped
- 4 carrots, washed, peeled and chopped
- 6 cups low-sodium, chicken or vegetable broth

Directions:

1. In a large pot, over medium heat, add oil, onions, garlic, and salt.
2. Cook, stirring, until onions are soft, about 3 minutes.
3. Add sweet potatoes, carrots, and broth.
4. Turn the heat to medium-high and bring to a boil.
5. Lower the heat to low and simmer until potatoes and carrots are soft.
6. For a chunkier soup, serve as is.
7. For a smooth soup, blend in batches in blender.
8. Divide soup into 6 bowls.

Nutrition Facts

Serving Size 1 cup (351g)
 Servings Per Container 6

Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 6g	
Vitamin A 260%	Vitamin C 10%
Calcium 4%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

