



Sweet Potato and Ginger Soup

~ makes 6 servings ~

This Recipe Is:

- Low Cholesterol
- Low Fat
- Meatless
- Low Saturated Fat

Ingredients

- 3 cups water
- 3 cups peeled, diced sweet potato
- 1/4 cup julienne-cut peeled fresh ginger
- 2 tablespoons sugar
- 3/4 teaspoon salt

Preparation

Bring water to a boil in a large saucepan. Add remaining ingredients. Cover, reduce heat, and simmer 30 minutes. Place half of sweet potato mixture in a blender; process until smooth. Return pureed mixture to saucepan; cook over medium heat until thoroughly heated.

Nutritional Info (per serving) - recipe makes 6 servings

- FAT **0.0g** (sat 0.0g, mono 0.0g, poly 0.0g)
- PROTEIN **1g**
- CARBOHYDRATE **21g**
- FIBER **2g**
- CHOLESTEROL **0.0mg**
- IRON **0.0mg**
- SODIUM **306mg**
- CALCIUM **18mg**
- CALORIES **89**

Source: *Health*, March 2003