



## **CREAMY SWEET POTATO SOUP**

- 1 TABLESPOON BUTTER
- 1 CUP CHOPPED ONION
- 1 CUP FROZEN MASHED WHITE POTATOES
- 2 CUPS BRIGHT HARVEST FROZEN SWEET POTATO PUREE, THAWED
- 2 CUPS CHICKEN OR VEGETABLE BROTH
- ¼ CUP CHOPPED FRESH PARSLEY
- ½ CUP HALF AND HALF
- ½ CUP LOW – FAT MILK
- ½ TEASPOON SALT
- ¼ TEASPOON BLACK PEPPER

### **METHOD:**

MELT BUTTER IN STOCK POT OVER MEDIUM-HIGH HEAT. ADD ONIONS; COOK AND STIR 3 TO 4 MINUTES OR UNTIL ONIONS ARE SOFT. ADD ORE-IDA FOODS FROZEN MASHED WHITE POTATOES, AND BRIGHT HARVEST FROZEN MASHED SWEET POTATOES, BROTH AND PARSLEY; BRING TO A BOIL. REDUCE HEAT, AND COOK FOR ONE MINUTE, STIRRING CONSTANTLY.

POUR MIXTURE INTO CONTAINER OF AN ELECTRIC MIXER; COVER AND PROCESS UNTIL SMOOTH. RETURN MIXTURE TO STOCK POT. ADD HALF AND HALF, MILK, SALT AND PEPPER; COOK UNTIL THOROUGHLY HEATED, STIRRING FREQUENTLY. GARNISH WITH A SPRIG OF FRESH PARSLEY.

SERVES 6

### **NUTRIENTS PER SERVING:**

<b>CALORIES</b>	<b>270</b>	<b>% CALORIES FROM FAT</b>	<b>18</b>
<b>PROTEIN</b>	<b>7g</b>	<b>TOTAL FAT</b>	<b>5g</b>
<b>CARBOHYDRATES</b>	<b>49g</b>	<b>SATURATED FAT</b>	<b>2g</b>
<b>DIETARY FIBER</b>	<b>4g</b>	<b>VITAMIN A</b>	<b>121 % DV</b>
		<b>VITAMIN C</b>	<b>49 % DV</b>