

Sweet Potato Chicken Soup

Makes 4 Servings



2 tablespoons olive oil
1 cup diced onions
1 cup chopped celery
2 cups diced carrots
3 minced garlic cloves
5 cups chicken stock
3 cups diced sweet potatoes

1 teaspoon dried oregano
1 teaspoon onion powder
1 teaspoon ground coriander
salt and pepper to taste
1 cup chopped spinach
1 pound cooked chicken breasts cubed

1. In a medium pot heat olive oil over medium-high heat .
2. Add onion, celery and carrot. Sauté for 5-7 minutes or until the onions are soft and translucent stirring occasionally.
3. Add garlic and cook for 30 seconds.
4. Add chicken stock, sweet potatoes, dried oregano, onion powder, ground coriander, salt, and pepper. Mix all together.
5. Bring to a boil and simmer partially covered for 10-15 minutes or until the sweet potatoes are soft.
6. Add in the cubed chicken to rewarm a bit. Stir in chopped spinach and cook until wilted.
7. Ladle into bowls.
8. Serve

Nutrition Facts

Amount per Serving

Calories 278

Calories from Fat 85

% Daily Value*

Total Fat 10g

15%

Saturated Fat 1g

5%

Cholesterol 23mg

7%

Sodium 1081mg

45%

Total Carbohydrate 32g	10%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 17g	
Vitamin A 496%	Vitamin C 37%
Calcium 5%	Iron 4%

Percent Daily Values are based on a 2,000 calorie diet.