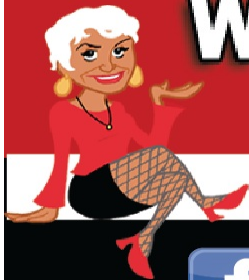


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SWEET POTATO SOUP

Intermediate Lifestyle

Ingredients

1 TBS vegetable oil
1 cup chopped onion
½ cup chopped celery
2 TSP minced peeled fresh ginger
¼ TSP dried thyme
1/8 TSP saffron threads
6 cups chopped peeled sweet potato (about 2 pounds)
1 TBS grated orange rind
7-1/2 cups lower-sodium vegetable broth
1/8 TSP ground red pepper
2 cups chopped spinach

Instructions

1. Heat oil in a large Dutch oven over medium-high heat. Add chopped onion, celery, minced ginger, dried thyme, and saffron threads, and sauté 5 minutes.
2. Add sweet potato and orange rind, and sauté 3 minutes.
3. Add broth and red pepper, and bring to a boil. Cover, reduce heat, and simmer 25 minutes or until potato is tender.
4. Place half of potato mixture in a blender or food processor, and process until smooth. Pour puréed mixture into a bowl. Repeat procedure with remaining potato mixture.
5. Return puréed mixture to pan. Stir in the spinach, and cook until thoroughly heated.

Portion-Per-Serving Information: (Yields 10 servings)

Serving = 1 cup = 1 G