

Sweet Potato and White Bean Soup

Serving Size: 1 ½ Cups | Servings per Recipe: 6 | Diabetes Friendly



INGREDIENTS

- 2 tablespoons oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2–3 medium sweet potatoes (about 2 pounds), peeled and diced
- 1 can (15 oz) white beans, rinsed and drained
- 6 cups low-sodium chicken or vegetable broth
- Salt and pepper to taste

DIRECTIONS

- Heat oil in a large pot over medium heat. Add onion and cook for 3–4 minutes, until soft.
- Stir in garlic and cook for 1 minute.
- Add sweet potatoes, beans, and broth. Bring to a boil.
- Reduce heat and simmer 10–15 minutes, until sweet potatoes are tender.
- Add salt and pepper to taste. Serve warm.



Calories per serving: 210 | 6 g total fat | 30 g total carbohydrates | 300 mg sodium | 7 g protein