

Black Bean and Sweet Potato Soup



Ingredients:

- 1 teaspoon olive or canola oil
- 1 cup yellow onion, diced
- 2 cloves garlic, minced
- 2 large sweet potatoes, diced
- 2- 14 ounce cans black beans, drained and rinsed
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups chicken broth

Instructions:

1. Heat olive oil in a large pot or medium heat.
2. Add onions and cook for 3 minutes, stirring.
3. Add garlic and cook another 30 seconds.
4. Add the sweet potatoes, black beans, and the spices.
5. Stir in the chicken broth and bring to a boil.
6. Reduce heat and simmer for 20 minutes, covered.
7. Ladle out and set aside two cups of sweet potatoes and beans.
8. Using a potato masher, puree the remaining soup.
9. Add the reserved sweet potatoes and beans back to the rest of the soup.
10. Serve soup with avocado and strips of corn tortillas, if desired.

Makes 4 servings.



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