

## Sweet Potato Ginger Garlic Soup- From Tami Ellis



- 2 medium sweet potatoes (cooked, mashed)
- 2 red delish apples cored chopped, leave peel on
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, cut into small dice
- 2 tablespoons minced fresh ginger
- 2 tablespoons garlic, minced
- 1 jalapeño pepper, seeded and minced..OPTIONAL
- 1/2 teaspoon ground nutmeg
- 3 cups of bone broth or chicken broth...or water (may need to j seasoning)
- Salt and pepper to taste

### Directions:

Cook sweet potatoes (wrapped in foil in oven 360 for 1 hour)

Meanwhile, add diced onion and diced apple into olive oil in pan,

Sauté until they are soft.

After sweet potatoes are soft, chop into chnks (leave skin on)

Add ALL ingredients into blender, food processor or use an immersion blender.

Keep warm on stove. May garnish with chives, green onion, or parsley.

---

Notes:

If don't have sweet potato, may use cooked winter squash or cooked carrots.

(Dried garlic or ginger powder don't have the same flavorful bite). Paste or jarred would work.

Skins may be removed from apple and potato...but after blended well, not detectable and adds fiber.

Ok if slightly lumpy with pieces of apple and onion, after blended.

Can adjust and give it a nice bite if add more garlic, ginger and pepper.

Great use for left over sweet potatoes too...esp if mashed..

Add a handful of walnuts to blender to give it a boost of flavor, nutrients, texture and good fat.

Could always add turmeric if like the anti-inflammatory properties in the ginger.

Serves 6

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(279g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 181mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Multi Column: Sweet Potato Ginger Garlic Soup

Multi-Column

Nutrients	Per Serving
Basic Components	
Gram Weight (g)	281.59
Calories (kcal)	206.57
Calories from Fat (kcal)	102.08
Calories from SatFat (kcal)	12.04
Protein (g)	3.46
Carbohydrates (g)	24.72
Total Dietary Fiber (g)	4.33
Total Soluble Fiber (g)	0.22
Dietary Fiber (2016) (g)	2.96
Soluble Fiber (2016) (g)	0.22
Total Sugars (g)	11.14
Added Sugar (g)	0
Monosaccharides (g)	6.92
Disaccharides (g)	1.81
Other Carbs (g)	9.25
Fat (g)	11.56
Saturated Fat (g)	1.34
Mono Fat (g)	4.22
Poly Fat (g)	5.29
Trans Fatty Acid (g)	0.00
Cholesterol (mg)	0
Water (g)	90.32
Vitamins	
Vitamin A - IU (IU)	121.04
Vitamin A - RAE (mcg)	7.31
Carotenoid RE (mcg)	12.10
Retinol RE (mcg)	0

Beta-Carotene (mcg)	79.81
Vitamin B1 - Thiamin (mg)	0.07
Vitamin B2 - Riboflavin (mg)	0.05
Vitamin B3 - Niacin (mg)	0.27
Vitamin B3 - Niacin Equiv (mg)	0.66
Vitamin B6 (mg)	0.16
Vitamin B12 (mcg)	0
Biotin (mcg)	2.73
Vitamin C (mg)	9.11
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0
Vitamin E - Alpha-Toco (mg)	0.29
Folate (mcg)	18.97
Folate, DFE (mcg DFE)	18.97
Vitamin K (mcg)	14.08
Pantothenic Acid (mg)	0.15
Minerals	
Calcium (mg)	27.65
Chromium (mcg)	--
Copper (mg)	0.21
Fluoride (mg)	0.00
Iodine (mcg)	1.38
Iron (mg)	0.78
Magnesium (mg)	25.19
Manganese (mg)	0.52
Molybdenum (mcg)	4.15
Phosphorus (mg)	57.65
Potassium (mg)	193.63
Selenium (mcg)	1.06

Sodium (mg) 456.66

Zinc (mg) 0.45

Poly Fats

Omega 3 Fatty Acid (g) 0.89

Omega 6 Fatty Acid (g) 3.74

Other Nutrients

Alcohol (g) 0

Caffeine (mg) 0

Choline (mg) 9.54