

Creamy Sweet Potato Soup

Ingredients

- 2 tbsps canola oil
- 1 large sweet onion, sliced
- 2 tsp ground cumin
- 3 Sweet potatoes, peeled and cubed
- 1 1/2 qt chicken broth
- 1 3/4 cup Dannon All Natural Plain Yogurt
- 2 tbsps chopped parsley or cilantro
- 1/4 cup toasted pumpkin seeds

Summary

Yield: 12

Prep Time: 45 minutes

Category: Soups

Cuisine: American

Instructions

1. In a soup pot heat oil. Add onions and cumin and saute 3-4 minutes. Add potatoes and chicken broth and bring to a boil. Reduce heat and simmer 20-25 minutes.
2. Puree soup with 1-1/2 cups yogurt and parsley or cilantro. Serve each portion of soup with a dollop of remaining yogurt and sprinkle with pumpkin seeds

Notes

Nutritional Facts:

Using Dannon All Natural Plain Nonfat Yogurt: Calories 120, Calories from fat 40, total fat 4.5g, protein 6g, carbs 15g

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Using Dannon All Natural Plain Lowfat Yogurt: Calories 130, Calories from fat 45, total fat 5g, protein 6g, carbs 15g

Using Dannon All Natural Plain Yogurt: Calories 130, Calories from fat 50, total fat 6g, protein 5g, carbs 14g