

A Soup Sensation

(NAPS)—Here's a "soup"-er meal suggestion that may have your family "yam"-mering for more of the same: a savory sweet potato soup with sensational flavor, that can be served all year 'round.

Creamy Sweet Potato and Spinach Soup will surprise and delight your entire family, and it's easy to prepare. Perhaps best of all, the nutritional combination of spinach and sweet potato provides a powerhouse of beta-carotene and Vitamins A, C and E. It makes a great accompaniment to roast and pork—or you can serve it as a main course, as it's really a meal in itself. This hearty and healthy soup will impress everyone who tries it.

Sweet Potato And Cream Of Spinach Soup

(Makes 8 servings)

- 1 cup chopped onion
- ½ cup chopped celery
- 1 red bell pepper, seeded and chopped
- 2 tablespoons minced garlic
- 1 cup all-purpose flour
- 3 (16 ounce) cans fat-free chicken broth
- 3 cups diced and peeled sweet potatoes or 3 cups canned yams
- 1 (10 ounce) bag fresh spinach leaves, stemmed and coarsely chopped
- 2 cups skim milk
- ½ cup sliced green onion stems (scallions)



A savory bowl of sweet potato and spinach soup: a delicious way to serve up nutrition when you welcome friends to your home.

Salt and pepper to taste

In a large, heavy pot coated with nonstick cooking spray over a medium-high heat, cook the onion, celery, red bell pepper and garlic until the vegetables are tender, about 5 to 7 minutes. Stir in the flour and gradually add the chicken broth, whisking until the soup is blended. Add the sweet potatoes and bring to a boil, reduce the heat and cook approximately 20 minutes or until the potatoes are very tender. Add the spinach, milk, green onion stems, salt and pepper, cooking until spinach is wilted and soup well-heated and thickened, about 5 minutes.

For sweet potato recipes, visit www.sweetpotato.org or write to the Louisiana Sweet Potato Commission at P.O. Box 2550, Baton Rouge, LA 70821-2550.