

# Creamy Carrot & Sweet Potato Soup

For best flavour, make this soup several days ahead and reheat over medium-low heat. Full of vitamin A & beta-carotene, this is a nutritional powerhouse!

## Ingredients:

- 3 tbsp butter, divided
- 1 cup chopped onion
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 4 ¾ cups cubed, peeled sweet potato (about 1 ½ lbs)
- 3 ½ cups water
- 3 cups, fat-free, low-sodium chicken broth
- 3 cups chopped carrot (about 1 lb)
- ¼ cup half & half
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 1/3 cup reduced fat sour cream
- 2 tbsp chopped fresh flat leaf parsley



## Nutritional Information (per serving):

- Calories: 173
- Total Fat: 6.7g
- Sat. Fat: 4.1g
- Carbs: 25.7g
- Fibre: 5g
- Protein: 3.6g

## Preparation:

1. Melt 1 tbsp butter in a large Dutch oven over medium heat. Add onion to pan; cook 4 minutes or until tender, stirring occasionally. Stir in cinnamon & nutmeg; cook 1 minute, stirring constantly. Move onion mixture to side of pan; add remaining 2 tbsp of butter to open space in pan. Increase heat to medium-high; cook 1 minute or until butter begins to brown. Add sweet potatoes, 3 ½ cups water, broth, and carrot; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until vegetables are tender.
2. Place half of soup mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat process with remaining soup mixture. Stir in half & half, salt & pepper. Ladle about 1 cup soup into each of 8 bowls; top each serving with about 2 tsp sour cream and ¾ tsp parsley.

Source: [www.cookinglight.com](http://www.cookinglight.com)