



Spicy (or Not) Chicken and Sweet Potato Soup

Recipe Source: www.melskitchencafe.com

Serves 6-8

Ingredients:

- 1 Tbsp olive oil
- 1 red onion, finely diced
- 1 red bell pepper, diced
- 3 ribs celery, diced
- 6 cloves garlic, minced
- 7-8 cups low-sodium chicken broth
- 1 ½ lbs chicken, cut into ½-inch pieces (or 3-4 cups shredded, cooked chicken)
- 2 sweet potatoes, peeled and diced into 1-inch pieces
- 1 (14 oz) can diced tomatoes in juice
- ¼ tsp red pepper flakes
- 1 tsp dried marjoram
- ½ tsp dried basil
- 3 bay leaves
- 1 tsp salt
- ½ tsp pepper

Steps:

- In a large pot, heat oil over medium heat and add onions. Cook, stirring often, about 5-6 minutes, until softened. Add bell pepper, celery, and garlic. Cook 5-6 more minutes, stirring occasionally, until the vegetables are tender.
- Add remaining ingredients (except chicken if you are using pre-cooked). Stir well and bring to a low boil. Reduce heat, and simmer uncovered about 40-45 minutes until the potatoes are tender and the chicken is cooked through. If using cooked chicken, stir it in at this point and let it heat through.
- Discard bay leaves and serve.

Tips from the Test Kitchen: The author said that ¼ teaspoon of red pepper flakes was not too much heat for her family of small children. So if you like things a little spicier, use an additional ¼ teaspoon.

Nutritional Facts (per serving): Calories: 205, Carbohydrates: 14 grams, Protein: 25 grams, Total Fat: 5 grams, Saturated Fat: 1 gram, Cholesterol: 71 mg, Sodium: 1468 mg, Fiber: 3 grams, Total Sugars: 5 grams.