



Sweet Potato Peanut Bisque

Recipe Source: www.eatingwell.com

Serves 5

Ingredients:

2 large sweet potatoes (10-12 oz each)
1 Tbsp canola oil
1 small yellow onion, chopped
1 large clove garlic, minced
2 (14.5 oz) cans diced tomatoes with green chilies
2 tsp minced fresh ginger
1 tsp ground allspice
1 (15 oz) can low sodium vegetable broth
½ cup natural peanut butter (no added oils or sweeteners)
Freshly ground black pepper, to taste
Chopped fresh cilantro leaves for garnish

Steps:

- Scrub sweet potatoes and prick with a fork in several places. Microwave on high until just cooked, 7-10 minutes. Set aside to cool.
- Meanwhile, heat oil in a large saucepan over medium-high heat. Add onion and cook, stirring until it just begins to brown. Add garlic and cook, stirring, for 1 minute more.
- Stir in tomatoes, ginger, and allspice. Adjust the heat to bring the mixture to a gentle boil and cook for 10 minutes.
- Meanwhile, chop the sweet potatoes (unpeeled) into bite-size pieces. Add half to the pot. Place the other half in a blender or food processor along with broth and peanut butter. Puree until completely smooth.
- Add the puree to the pot and stir well to combine. Thin the bisque with a little warm water, if desired, and season to taste with black pepper. Heat until warmed through. Garnish with cilantro, if desired.

Tips from the Test Kitchen: The flavors of West African peanut stew are the inspiration for this stew, with the addition of spicy green chilies. If you like even more spice, try using one can of tomatoes with diced jalapenos and one can with the green chilies. This is delicious with a green salad on the side and toasted whole wheat pita triangles for dipping.

Nutritional Facts (per serving): Calories: 261, Carbohydrates: 25 grams, Protein: 7 grams, Total Fat: 16 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 395 mg, Fiber: 5 grams, Total Sugars: 10 grams.