

# Sweet Potato Soup

Pampered Chef  
Independent Consultant

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## Ingredients

2½ cups (625 mL) low-sodium vegetable broth  
1 tsp (5 mL) salt  
2–4 fresh sage leaves  
4 cups (1 L) sweet potatoes, peeled and cut into chunks  
½ medium onion, peeled and cut into chunks  
2 garlic cloves, peeled

## Method

-Add all the ingredients, in the order listed, to the Deluxe Cooking Blender.  
-Replace and lock the lid. Turn the wheel to select the SOUP setting; press the wheel to start.

## Yield:

6 servings

## Nutrients per serving:

Average U.S. nutrients per serving (1 cup/250 mL) of soup:  
Calories 65, Total Fat 1.5 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 476 mg, Carbohydrate 6 g, Fiber 2 g, Sugars 4 g, Protein 2 g

## Cook's Tips:

Peel and cut your vegetables into chunks before you measure them.



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4.9 ★★★★★

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