

# Sweet Potato-Pear Soup

## Ingredients:

2 tsp vegetable oil	1 stick cinnamon
1 cup (1 large) onion, chopped	1 tsp orange zest, finely grated
1/2 cup (1 medium stalk) celery, sliced	1/2 tsp dried thyme
3 cups (3 medium) sweet potatoes, peeled and cubed	1/4 tsp ground nutmeg
2 cups (2 medium) ripe pears, peeled and cubed, extra pear for garnish (optional)	1/4 tsp black pepper, freshly ground
4 cups low-sodium chicken broth	1 8-oz package low-fat plain yogurt (optional)
1/2 cup dry vermouth	fresh parsley, chopped for garnish

## Instructions:

In a large saucepan, heat the oil over medium heat. Add the onion and celery and cook for about 10 minutes, or until soft but not browned. Add the sweet potatoes, pears, chicken broth, vermouth, cinnamon stick, orange zest, and thyme. Bring to a boil; reduce the heat and simmer, covered, for 35-45 minutes or until the sweet potatoes are tender. Remove the cinnamon stick. In a food processor or blender, puree the vegetable mixture in batches until smooth. Return the puree to the saucepan and stir in the nutmeg and pepper. Cook over medium heat until heated through. To serve, halve, core, and cut an extra pear into 6 wedges for garnish (optional). Cut each wedge to form a fan. Ladle the soup into bowls and top with a dollop of yogurt (optional). Garnish each serving with a pear fan and sprinkle with parsley.



# Nutritional Information

Serves: 6

Calories: 158

Total Fat: 1.7g

Saturated Fat: 0.3g

% Calories from Fat: 10%

Protein: 3g

Carbohydrates: 28g

Cholesterol: 3mg

Dietary Fiber: 4g

Sodium: 448mg

Source: Fruits and Veggies More Matters