



[CapitalBlueCross.com](https://www.CapitalBlueCross.com)

Capital 

Sweet Potato Ginger Soup

Ingredients

- 4 lbs. sweet potatoes, peeled and chunked
- 1 2-inch piece of ginger, shredded
- 2 onions, roughly chopped
- 2 Tablespoons of olive oil
- ½ Tablespoon of garlic
- 3 cups of vegetable broth
- 1½ cups of water
- 1 teaspoon of salt
- ½ teaspoon of pepper

Directions

Sauté onions and garlic in olive oil. Add sweet potatoes and stir about 10–15 minutes. Add broth and water. Bring to a boil and simmer for 30 minutes. Purée and add salt and pepper. Stir in ginger to taste.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.

Nutrition Facts

Serves 6–8

Calories	225
Total Fat	7g
Sodium	140mg
Total Carbohydrates	38g
Dietary Fiber	6g
Sugar	10g
Protein	3.5g