

Creamy Chilled Sweet Potato and Carrot Soup

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Servings: 6

*3 tablespoons olive oil
2 tablespoons butter
1 pound sweet potatoes, peeled and cut into one-inch pieces
3 leeks (white portion only), sliced
1 cup carrots, peeled and cut up
2 cloves garlic, minced
4 cups chicken broth (or vegetable broth)
1/2 teaspoon salt
1/4 teaspoon ground white pepper
1/2 to one cup milk or whipping cream
2 tablespoons freshly grated nutmeg, chopped*

Preparation Time: 20 minutes

Cook Time: 25 minutes

In a large saucepan, heat the olive oil and butter over medium heat. Add the potatoes, leeks, carrots and garlic. Cook and stir for 5 to 8 minutes or until the leeks and carrots start to soften but not brown. Add the broth, bring to a boil. Reduce the heat. Simmer, covered, for 20 to 30 minutes or until the potatoes and carrots are very tender. Cool slightly.

In batches, transfer the mixture along with the salt and white pepper to a blender or food processor. Blend or process until smooth. Transfer to a large bowl. Add milk to reach the desired consistency.

Cover and chill for two to four hours or until cold.

Garnish the servings with chives.

Per Serving (excluding unknown items): 162 Calories; 11g Fat (58.8% calories from fat); 1g Protein; 16g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 231mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	162	Vitamin B6 (mg):	.2mg
% Calories from Fat:	58.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	38.2%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	3.0%
Total Fat (g):	11g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	10mg
Carbohydrate (g):	16g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	231mg
Potassium (mg):	186mg
Calcium (mg):	22mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	15mg
Vitamin A (i.u.):	17102IU
Vitamin A (r.e.):	1731RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	11mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	162	Calories from Fat: 95
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% Daily Values*

Total Fat	11g	17%
Saturated Fat	3g	17%
Cholesterol	10mg	3%
Sodium	231mg	10%
Total Carbohydrates	16g	5%
Dietary Fiber	2g	9%
Protein	1g	

Vitamin A	342%
Vitamin C	24%
Calcium	2%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.