



Sweet Potato & Chickpea Soup

Servings

8

Calories

230

Prep Time

10 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

- 1 (32 ounce) container chicken or vegetable broth
- 2 (16 ounce) bags Mann's Sweet Potato Cubes
- 1 (16 ounce) canned petite-diced tomatoes, undrained
- 1 (15 ounce) canned chickpeas, rinsed and drained
- 1 teaspoon ground cumin
- ½ teaspoon ground red pepper
- ¼ teaspoon salt
- ⅓ cup fresh chopped basil leaves
- 2 tablespoons fresh lime juice
- 1 lime, cut into wedges (optional)



The Method

Bring broth to a boil over high heat in large saucepan or Dutch oven.

Reduce heat to medium-high, then add Mann's Sweet Potatoes and cook for about 10 minutes or until almost tender.

Add tomatoes, chickpeas, cumin, red pepper and salt and simmer for about 10-15 minutes until Sweet Potatoes are tender. Remove from heat. Stir in basil and lime juice.

Serve with lime wedges, if desired.

Nutrition Facts

Serving Size 371g | Servings: 8

Amount Per Serving

Calories 230 Calories from Fat 15 | Total Fat 1.5g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 630mg | Total Carbohydrate 51g | Dietary Fiber 10g | Sugars 13g | Protein 7g | Vitamin A 460% | Vitamin C 20% | Calcium 10% | Iron 10%