

## Quick Sweet Potato & Spinach Soup

Prep Time: 25 minutes    Number of Servings: 2

### Ingredients

- 2 medium leftover cooked sweet potatoes (\*See Tip)
- 1 can light coconut milk (usually in ethnic aisle at grocery stores)
- 1 cup unsweetened coconut milk or low-fat milk
- ¼ cup freshly grated parmesan cheese
- 1 teaspoon canola oil
- 1 clove garlic, minced
- 1/4 cup sweet onion, diced
- 1 cups baby spinach, rinsed well, chopped
- Pinch of cayenne pepper, to taste (optional)
- Pinch of salt (optional)



### Tips:

- ✓ \*You can also cook them in the microwave for about 6-8 minutes (depending on their size) to make them soft and easy to puree.
- ✓ Add cooked rotisserie chicken or shrimp for a heartier soup.

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### Directions

1. Remove the skin off the cooked sweet potatoes.
2. Add the sweet potato, canned coconut milk, unsweetened coconut (or low-fat cow's) milk and parmesan cheese to a food processor or blender. Puree on medium speed until smooth.
3. In a medium-sized soup pot, heat canola oil over medium heat.
4. Sauté garlic and onions for a few minutes, until soft.
5. Add the pureed sweet potatoes to the soup pot and turn the heat up to medium-high. Once it comes to a simmer, reduce heat to medium-low and add the chopped spinach, cayenne pepper and a pinch of salt (if using).
6. Simmer for about 10 minutes and adjust seasonings to your taste preference. Serve hot.

### Nutrition Facts (per serving):

Calories: 363    Protein: 10gm    Total Carbohydrates: 38gm    Fiber: 5gm  
Total Fat: 20gm    Cholesterol: 10mg    Sodium: 342mg