

Quick and Easy Batata Soup

Serves 6

2 cups batatas or sweet potato, peeled and chopped
½ cup carrots, sliced
½ cup celery, chopped
1 bay leaf, whole
2½ cups water
1½ cups chicken broth, low-fat, low-sodium (14½-ounce can)
1 tablespoon lemon juice
½ teaspoon paprika

1. Wash and prepare vegetables.
2. Place vegetables, bay leaf, water and chicken broth in a pot, and bring to boil.
3. Lower heat and simmer for about one hour. Stir occasionally.
4. Just before serving, add lemon juice and paprika. Remove bay leaf.

TIPS:

- Add corn, zucchini, or other vegetables, for a different variety.
- Add 1 cup cooked chicken or beef – a great way to use leftovers!
- You may need to add more water if you add extra ingredients.

Nutrition Facts:

Serving size: about 1 cup; Calories: 60; Fruits and Vegetables: 1 serving; Fat: 1 g; Fiber: 2 g

