

## Roasted Garlic and Sweet Potato Soup

### Ingredients:

- 1 whole garlic bulb
- 3 tsp. olive oil, divided
- 2 ½ lbs. sweet potatoes, peeled and cut into ½ inch slices
- 2 large onions cut into wedges
- 6 cup reduced sodium Vegetable broth, divided
- 2 tbsp. minced fresh parsley
- 1 tbsp. minced fresh thyme
- ¼ tsp. salt
- 1 tsp. pepper



### Nutrition Facts

Serving Size 1 cup (227g)			
Servings Per Container 11			
<b>Amount Per Serving</b>			
<b>Calories</b>	90	<b>Calories from Fat</b>	30
		<b>% Daily Value*</b>	
<b>Total Fat</b>	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	310mg		13%
<b>Total Carbohydrate</b>	19g		6%
Dietary Fiber	3g		12%
Sugars	6g		
<b>Protein</b>	2g		
Vitamin A 250% • Vitamin C 30%			
Calcium 6% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4

### Directions:

1. Remove papery outer skin from garlic bulb (do not peel or separate cloves). Cut top off bulb; brush with ½ teaspoon oil. Wrap in heavy-duty foil.
2. Place sweet potatoes and onions in a 15-in. x 10-in. baking pan coated with cooking spray. Drizzle with remaining oil; toss to coat. Bake garlic and vegetables at 425 degrees for 30-35 minutes or until tender.
3. Cool for 10-15 minutes. Place 1 ½ cups broth, parsley, thyme, salt and pepper in a blender. Squeeze softened garlic into mixture; cover and process until smooth. Transfer to a large saucepan.
4. In batches, process the sweet potatoes, onions and remaining broth until smooth; add to garlic mixture.
5. Cook, stirring occasionally, until heated through.