



2 Servings

ham & sweet potato soup

Ingredients

extra lean sliced ham, low sodium	6 oz (168 grams)
onion	1 medium
garlic	1 clove
coriander/ cilantro/ chinese parsley	1/2 tsp
coconut milk	1 Cup(s)
sweet potato	8 oz (224 grams)
chicken broth soup, low-sodium	2 Cup(s)
bay leaf	1/4 tsp
allspice, ground	1/2 tsp

Nutrition Totals

Calories 620 / **Carbs** 74 g / **Protein** 44 g / **Fat** 14 g / **Fluid** 864 g

Instructions

1. Dice ham and brown in large Dutch oven over medium heat for 3 minutes.
2. Add in diced onions and cook for 5 to 7 minutes.
3. Mince garlic and add to pan.
4. Add in coriander and allspice and cook until fragrant, about 30 seconds.
5. Gradually stir in broth, scraping up any browned bits.
6. Stir in the coconut milk, diced sweet potatoes, and bay leaf and bring to a boil.
7. Reduce heat to a gentle simmer and cook until the potatoes are tender.
8. Season to taste with salt and pepper.



Nutrition Label

Ham & Sweet Potato Soup	
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 7.1g	11%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 34.8mg	12%
Sodium 502.7mg	21%
Total Carbohydrates 36.7g	12%
Dietary Fiber 4.5g	18%
Total Sugar 11g	
Protein 21.9g	
Vitamin D 23.8IU	4%
Calcium 68.8mg	7%
Iron 1.9mg	11%
Potassium 1079.8mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.