

Sweet Potato and Vegetable Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 6

2 large (1 pound) sweet potatoes, scrubbed
1 small (1-1/4 pound) cauliflower, cored and cut into florets, the core and leaves reserved
3 (about 1 pound) onions, two of them thinly sliced, the other cut into small chunks
1 whole garlic bulb, halved horizontally
2 (about 8 ounces) zucchini, scrubbed, trimmed and cut into 3/4-inch-thick rounds
juice of one lemon
freshly ground black pepper
1 tablespoon fresh thyme OR 3/4 teaspoon dried thyme leaves
1 teaspoon whole cloves
1/2 teaspoon ground allspice
1/4 teaspoon salt

Preparation Time: 45 minutes

Bake one of the sweet potatoes in a preheated 375 degree oven until it is quite soft - 50 minutes to one hour. (Alternatively, microwave the sweet potato on high for 7 minutes. Remove it from the oven, wrap it in aluminum foil, and let it stand for 10 minutes.) When the baked sweet potato is cool enough to handle, peel it and set it aside.

Meanwhile, peel the remaining sweet potato and cut it crosswise into thin slices. Set the slices aside. Cut the cauliflower core into chunks and set the chunks aside with the leaves.

Put the onion slices, cauliflower chunks and leaves (but not the florets), raw sweet potato slices, garlic, lemon juice and some pepper in a large, nonreactive pot. Pour in eight cups of water and bring the liquid to a boil. Reduce the heat and simmer the mixture; skim off any impurities that have collected on the surface. Add the thyme and cloves. Continue to simmer the liquid until it is reduced by half - about 40 minutes.

Strain the liquid through a fine sieve into a bowl, pushing down on the vegetables with a wooden spoon to extract all their juices. Return the strained liquid to the pot, discard the solids.

Puree' the baked sweet potato in a food processor or blender along with 1/2 cup of the strained liquid. Whisk the puree' into the liquid in the pot. Add the onion chunks, cauliflower florets, allspice, salt and some more pepper. Bring the liquid to a simmer over medium heat and cook it for 5 minutes. Add the zucchini rounds and cook the soup until the zucchini is tender - 7 to 10 minutes more. Serve the soup either hot or cold.

Start to Finish Time: 2 hours

Per Serving (excluding unknown items): 91 Calories; trace Fat (4.2% calories from fat); 3g Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 105mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	91
% Calories from Fat:	4.2%
% Calories from Carbohydrates:	84.0%
% Calories from Protein:	11.8%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	21g
Dietary Fiber (g):	4g
Protein (g):	3g
Sodium (mg):	105mg
Potassium (mg):	420mg
Calcium (mg):	50mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	29mg
Vitamin A (i.u.):	8922IU
Vitamin A (r.e.):	892RE

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	41mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 91 Calories from Fat: 4

% Daily Values*

Total Fat trace	1%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrates 21g	7%
Dietary Fiber 4g	15%
Protein 3g	
Vitamin A	178%
Vitamin C	49%
Calcium	5%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.