



Sweet Potato Chowder



- 2 Tablespoons olive oil
- 1 cup green onion, diced
- ½ teaspoon celery seed
- 2 teaspoon garlic, minced
- 2 pounds sweet potatoes (2 to 3 medium potatoes), peeled and diced
- ½ teaspoon dried sage
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 6 cups vegetable/chicken/beef stock
- 1 cup frozen corn

1. Heat the oil in a Dutch oven or soup pot over medium heat until shimmering.
2. Add the onion and garlic and cook until soft and tender, 6 to 8 minutes.
3. Stir in the rest of the seasoning and cook for 1 minute more.
4. Add the sweet potatoes; stir to combine; and cook for 1 minute.
5. Add the stock and bring to a boil.
6. Reduce the heat to maintain a simmer and cook until the sweet potatoes are tender, 10 to 15 minutes.
7. Transfer about 2 cups of the soup, broth, and corn to a blender or food processor and purée until smooth.
8. Stir the purée back into the soup and serve immediately.

Serves 8...very high in Vitamin A & C!

Nutrition Facts

8 servings per container
Serving size 1.5 cups (389g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	23%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 446mg	10%

*The % Daily Value 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.

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