

Serves 6

Quick and Easy Batata Soup

- 2 cups batatas or sweet potato, peeled and chopped
- 1/2 cup carrots, sliced
- 1/2 cup celery, chopped
- 1 bay leaf, whole
- 2 1/2 cups water
- 1 1/2 cups chicken broth, low-fat, low-sodium (14 1/2 ounce can)
- 1 tablespoon lemon juice
- 1/2 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.

Hint:

- Add corn, zucchini, or other vegetables for a different variety.
- Add 1 cup cooked chicken or beef – a great way to use leftovers!

Note: 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; Fat: 1 g; Fiber: 2 g

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