

SWEET POTATO-PEANUT BISQUE

Adapted from www.eatingwell.com

INGREDIENTS:

- 2 large sweet potatoes (10-12 ounces each)
- 1 tablespoon canola oil
- 1 small yellow onion, chopped
- 1 large clove garlic, minced
- 3 cups reduced-sodium tomato-vegetable juice blend or tomato juice
- 1 4-ounce can diced green chiles, preferably hot, drained
- 2 teaspoons minced fresh ginger
- 1 teaspoon ground allspice
- 1 15-ounce can vegetable broth
- 1/2 cup smooth natural peanut butter
- Freshly ground pepper to taste
- Chopped fresh cilantro leaves for garnish



MATERIALS NEEDED:

- 1 skillet
- Microwave
- Blender
- Measuring spoons
- Measuring cup
- Cutting board
- Knife
- Serving utensils
- Eating utensils
- Plates

COOKING INSTRUCTIONS:

- Prick **sweet potatoes** in several places with a fork. Microwave on High until just cooked through, *7 to 10 minutes*. Set aside to cool.
- Meanwhile, heat **oil** in a large skillet over medium-high heat. Add **onion** and cook, stirring, until it just begins to brown, *2 to 4 minutes*. Add **garlic** and cook, stirring, for *1 minute* more. Stir in **tomato juice**, **green chiles**, **ginger** and **allspice**. Adjust the heat so the mixture boils gently; cook for *10 minutes*.
- Meanwhile, peel the **sweet potatoes** and chop into bite-size pieces. Add half to the pot place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth. Add the puree to the pot and stir well to combine. Thin the bisque with water, if desired. Season with **pepper**. Heat until hot. Garnish with **cilantro**, if desired.

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