



Sweet Potato Bean Soup

Makes 8 servings

Exercise and good nutrition can help reduce the risk of certain cancers. Here are several healthy recipes packed with cancer-fighting antioxidants. These dishes taste great and will give you the energy you need to keep moving.

Ingredients

2 cartons (32 oz.) low-sodium chicken broth
 1 lb. sweet potatoes, peeled, cut into 1/2-inch pieces
 1 medium onion, chopped
 3 stalks celery, sliced 1/4-inch thick
 1 can (6 oz.) tomato paste
 1/2 tsp. paprika
 1/4 tsp. ground cumin
 Salt and freshly ground black pepper
 2 cans (15.5 oz.) cannellini (white kidney beans), drained
 1 can (15.5 oz.) chickpeas, drained and rinsed
 1/3 cup fresh basil or parsley, coarsely chopped



Instructions

In large pot over high heat, pour in broth and add sweet potatoes, onion, celery, tomato paste, paprika and cumin, and bring to a boil. Add salt and pepper to taste. Reduce heat, and simmer until vegetables are tender, about 20-25 minutes. Stir in beans and chickpeas. Cover, and simmer until beans are heated through, about 3-4 minutes. Gently stir soup until well mixed, and ladle into soup bowls. Garnish with basil or parsley and serve. For creamy soup, purée a portion of the soup, return to the pot, and combine well before serving.

Nutrition Facts

One serving: Calories 250; Total Fat 3.5 g; Saturated Fat < 1 g; Protein 15 g;
 Total Carbohydrate 42 g; Fiber 10 g; Sodium 480 mg

Recipe Courtesy of American Institute for Cancer Research



BlueCross BlueShield of South Carolina and
 BlueChoice® HealthPlan of South Carolina