

Portuguese Bean Soup with Sweet Potatoes

2 teaspoons	olive oil
1 cup	white onion, coarsely chopped
3 cups	reduced sodium chicken broth
1 cup	diced (1/2-inch pieces) unpeeled sweet potato
3 to 4 teaspoons	chili garlic sauce (or your own chile puree with garlic)
1 14.5 ounce can	no salt added diced tomatoes, undrained
1 15 or 16 ounce can	Great Northern or cannelloni beans, undrained
4 cups	packed sliced Swiss chard or collard greens
4 teaspoons	balsamic vinegar, optional

Heat a large saucepan over Medium-High heat. Add oil, then onion; cook 3 minutes, stirring occasionally. Add broth, sweet potato, and chili garlic sauce; bring to a boil over High heat. Reduce heat; simmer uncovered 5 minutes. Stir in tomatoes and beans; return to a simmer. Stir in Swiss chard or collard greens. Simmer 5 minutes or until sweet potatoes and chard or greens are tender. Stir in vinegar, if desired, and ladle into four serving bowls.

Servings: 4

Yield: makes about 7 cups of soup

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	213.82
Calories From Fat (12%)	25.51
% Daily Value	
Total Fat 2.93g	5%
Saturated Fat 0.48g	2%
Cholesterol 0.00mg	0%
Sodium 759.05mg	32%
Potassium 1095.10mg	31%
Carbohydrates 37.25g	12%
Dietary Fiber 9.59g	38%
Sugar 7.08g	
Sugar Alcohols 0.00g	
Net Carbohydrates 27.66g	
Protein 12.52g	25%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
2 teaspoons olive oil	2 x 1 teaspoon of Oil, olive, salad or cooking
1 cup white onion, coarsely chopped	1 x 1 cup, chopped of Onions, raw
3 cups reduced sodium chicken broth	3 x 1 cup of Soup, chicken broth, canned, less/reduced sodium
1 cup diced (1/2-inch pieces) unpeeled sweet potato	1 x 1 cup, cubes of Sweetpotato, raw
3 to 4 teaspoons chili garlic sauce (or your own chile puree with garlic)	3 x 1 teaspoon of Sauce, ready-to-serve, salsa
1 14.5 ounce can no salt added diced tomatoes, undrained	2 x 1 cup of Tomatoes, red, ripe, canned, whole, no salt added
1 15 or 16 ounce can Great Northern or cannelloni beans, undrained	2 x 1 cup of Beans, great northern, mature seeds, cooked, boiled, with salt
4 cups packed sliced Swiss chard or collard greens	4 x 1 cup of Chard, swiss, raw
4 teaspoons balsamic vinegar, optional	4 x 1 teaspoon of Vinegar, balsamic

Cooking Tips

I used the Muir Glen no salt added, organic diced tomatoes in my recipe .Diced, peeled butternut squash may be substituted for the sweet potato. Kale, turnip, or beet greens may replace the Swiss chard or collard greens. Leftover soup may be covered and refrigerated up to 3 days or frozen up to 3 months. The soup may be pureed, simmered until thickened, and served as a sauce for cooked whole wheat pasta, underneath a wild-rice pilaf, or on top of a baked potato. Chili garlic sauce is an Asian condiment found in the ethnic section of your grocery store. It gives a hot, fiery flavor to this quick cooking soup. Omit this, if desired. You can make your own chili garlic sauce to suit your taste. Buy 1/2 cup dried Japone peppers (they have no stems) or Arbolito peppers (with stems). They have a heat rating of 7 (highest heat rating is 10). Cut the tops off and cut peppers into smaller pieces. Place in food processor or coffee bean grinder to process until flaked. To make the chili garlic sauce; put the dried coarse ground peppers, 5 or more garlic cloves, 1-2 tablespoons rice vinegar, and 1 tablespoon olive oil in a food processor and process until thick. (This is more like a paste then a sauce). This condiment is very hot and spicy so you may want to go easy on this ingredient. You can leave

out many of the dried seeds as you prepare the peppers to lessen the heat.

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