



Ingredients

extra lean sliced ham, low sodium	6 oz (168 grams)
onion	1 medium
garlic	1 clove
coriander/ cilantro/ chinese parsley	1/2 tsp
coconut milk	1 Cup(s)
sweet potato	8 oz (224 grams)
chicken broth soup, low-sodium	2 Cup(s)
bay leaf	1/4 tsp
allspice, ground	1/2 tsp

Nutrition Totals

Calories 620 / Carbs 74 g / Protein 44 g / Fat 14 g / Fluid 864 g

Instructions

- 1. Dice ham and brown in large Dutch oven over medium heat for 3 minutes.
- 2. Add in diced onions and cook for 5 to 7 minutes.
- 3. Mince garlic and add to pan.
- 4. Add in coriander and allspice and cook until fragrant, about 30 seconds.
- 5. Gradually stir in broth, scraping up any browned bits.
- 6. Stir in the coconut milk, diced sweet potatoes, and bay leaf and bring to a boil.
- 7. Reduce heat to a gentle simmer and cook until the potatoes are tender.
- 8. Season to taste with salt and pepper.

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Nutrition Label

Ham & Sweet Potato Soup

Amount Per Serving	
Calories	310
% Daily	y Value*
Total Fat 7.1g	11%
Saturated Fat 1.4g	7%
Trans Fat Og	
Cholesterol 34.8mg	12%
Sodium 502.7mg	21%
Total Carbohydrates 36.7g	12%
Dietary Fiber 4.5g	18%
Total Sugar 11g	
Protein 21.9g	
Vitamin D 23.8IU	4%
Calcium 68.8mg	7%
Iron 1.9mg	11%
Potassium 1079.8mg	
* The % Daily Value (DV) tells you h a nutrient in a serving of food contri a daily diet. 2,000 calories a day is general nutrition advice.	ibutes to

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