Dinner, Latin American

Coconut Black Bean and Sweet Potato Soup

A cozy one pot soup where tender sweet potatoes and black beans simmer in a spiced tomato and coconut broth, finished with wilted spinach.



Freezer safe

35 min	150	26 g	5 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1 tsp olive oil
- [ ] 1 small yellow onion (minced)
- [ ] 2 clove garlic (minced)
- [ ] 1 tsp fresh ginger (minced)
- [ ] 22 oz low sodium black beans (drained and rinsed)
- [ ] 2 large sweet potatoes (peeled and medium diced)
- [ ] 3 cup no salt added chicken broth
- [ ] 7 oz lite coconut milk
- [ ] 14 oz canned diced tomatoes (no salt added)
- [ ] 1 tbsp chili powder
- [ ] 5 oz baby spinach

Nutrition Facts

Per serving

Calories	**150**
Total fat	2 g
Saturated fat	1 g
Sodium	240 mg
Total carbs	26 g
Fiber	8 g
Total sugars	5 g
Protein	7 g

Method

- [ ] **1** Warm a large pot over medium heat.
- [ ] **2** Pour in the olive oil, then add the yellow onion, garlic, and fresh ginger. Stir now and then for 4-5 minutes until the onion turns soft.
- [ ] **3** Tip in the black beans, sweet potatoes, chicken broth, coconut milk, diced tomatoes, and chili powder. Cover and let everything bubble gently for 15-20 minutes, until the sweet potatoes are tender.
- [ ] **4** Add the baby spinach and stir just until it wilts.

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