***NR# 144 Sweet Potato and Black Bean Soup-Diabetes Food Hub***

***Serving Size and Ingredients: 1c***

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredients** | **25 Servings** | **50 Servings** | **100 Servings** |
| Olive Oil | 8 1/3 TBSP | 1c | 2c |
| Yellow onion, minced | 8 1/3 | 16 2/3 | 33 1/3 |
| Fresh Ginger, minced | 8 1/3 tsp | 1/3c | 2/3c |
| Black beans, No added salt, rinsed and drained | 125 1/8 oz | 250 1/8oz | 500 1/8oz |
| Sweet Potatoes, peeled and diced | 16 2/3 | 33 1/3 | 66 2/3 |
| Chicken Broth, Low sodium | 25 cups | 3 1/8 gallon | 6 ¼ Gallon |
| Coconut milk, lite | 112 ½ oz | 225 1/8oz | 450 1/8oz |
| Chili Powder | 8 1/3 TBSP | 1 cup | 2 cup |
| Fresh Baby Spinach | 41 2/3oz | 83 1/3oz | 166 2/3oz |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

***NR# 144 Sweet Potato and Black Bean Soup-Diabetes Food Hub***

**Instructions:**

1. **Preheat a large pot over medium heat.**
2. **Add 1 tablespoon of olive oil and onion, garlic, and ginger to the pot. Cook, stirring occasionally, until onion softens, 4–5 minutes.**
3. **Add black beans, sweet potatoes, broth, coconut milk, tomatoes, and chili powder. Bring to a simmer and cook, covered, for 15–20 minutes, until the potatoes are tender.**
4. **Stir in the baby spinach until wilted.**