

Sweet Potato Stew

Ingredients:

1 c chopped yellow onion
1 c chopped celery
1 c peeled, grated sweet potato
1 c vegetable low-sodium broth or water
2 slices bacon, cooked and crumbled
1 c fat-free half-and-half
ground black pepper
1/4 c minced parsley

Directions:

Place onion, celery, sweet potato, broth, and bacon in slow cooker on LOW setting. Cover and cook 6 hours. Turn slow cooker to HIGH. Add half-and-half, using just enough to bring the stew to desired consistency. Add more water, if needed. Cook about 30 minutes or until hot. Season to taste with pepper. Stir in fresh parsley and serve.

Makes 4 (1 1/2 cup) Servings.

Nutrients Per Serving:

112 Calories
2 g Total Fat
<1 g Saturated Fat
5 g Protein
18 g Carbohydrates
2 g Fiber