

# Sweet Potato Bacon Chowder

- 6 slices bacon, chopped
- 1 small yellow onion, diced
- 2 medium carrots, diced
- 2 cloves garlic, minced
- 3 cups chicken broth
- 4 cups sweet potatoes, peeled and diced (about 2 large)
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 2 cups kale or spinach, roughly chopped
- 1/4 cup heavy whipping cream
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper

1. In a large pot, cook chopped bacon over medium heat until well done and crispy. Remove to a paper towel-lined plate and set aside, but do not drain fat from pot.
2. Add onions and carrots to pot and cook until soft, 3 to 5 minutes. Add garlic and cook one minute more.
3. Stir in broth, sweet potatoes, bay leaf, and thyme. Bring to a boil, cover and reduce heat to a simmer. Cook until potatoes are tender, 12 to 15 minutes.
4. Remove the bay leaf. Using an immersion blender, blend about half of the soup until desired consistency is reached. (If you don't have an immersion blender, remove half of the soup to a blender, puree, and then return to pot.)
5. Stir in kale or spinach and cook until wilted. Add whipping cream and season to taste with salt and pepper. Top with the cooked bacon and serve.

Makes 6 servings

Source: [www.12tomatoes.com](http://www.12tomatoes.com)

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/6 of recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 571mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.