Smoky Sweet Potato Soup with Bacon

Makes five servings. Each serving has 180 calories, 8 g fat, 8 g protein, 22 g carbohydrate, 3 g fiber and 450 mg sodium.

INGREDIENTS:
- 3 slices smoked bacon, chopped
- 1 medium red onion, chopped
- 2 cloves garlic, minced
- 1/2 tsp. smoked paprika
- 1/2 tsp. kosher salt
- 1/2 tsp. black pepper
- 1/8 tsp. cayenne
- Pinch of red pepper flakes (optional)
- 3 sweet potatoes, peeled and diced
- 4 c. low-sodium chicken broth

Cook bacon in large pot. Transfer to paper towel-lined plate and set aside.

Saute onions in pot until translucent; about 5 minutes.

Add garlic and cook until fragrant; about 2 minutes.

Sprinkle in seasonings.

Add diced sweet potatoes.

Bring to a boil, reduce heat and simmer until potatoes are tender; about 30 minutes.

Blend soup using a blender or food processor.

Add broth to the pot.

Crumble bacon and garnish each bowl.