### Smoked Bacon Sweet Potato Soup

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

**DIRECTIONS:**

In a large pot over medium heat, cook bacon. Transfer to a paper towel-lined plate and reserve 1 tablespoon fat. In the pot, sauté onions and cook until slightly softened, about 5 minutes. Add garlic and cook until soft and fragrant, around 2 minutes. Season with salt, pepper, smoked paprika, red pepper flakes and cayenne, if using. Add sweet potatoes and stock. Bring to a boil, then reduce heat to low and simmer until sweet potatoes are tender, 27 to 30 minutes. Blend with immersion blender or transfer to a blender in batches and blend until smooth. Stir in lime juice, serve, sprinkle with bacon and enjoy!

*Note: The size of the sweet potatoes will determine the consistency of the stew once blended. If you like thicker stew, get larger sweet potatoes and smaller if you like a thinner consistency.

**NUTRITION:**

Makes 6 servings. Each serving has 90 calories, 1g fat, 4g protein, 16g carbohydrate, 2g fiber, and 460mg sodium.