

# Sweet Potato and Broccoli Soup with Kelp Flakes

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/kelp-soup-recipe-chinese>

## Ingredients:

- 2 tablespoons lard
- 1 onion large, thinly sliced
- 1 1/4 pounds sweet potato white, 1 large, peeled and cubed
- 2 cups bone broth chicken
- 2 cups filtered water
- 3/4 pound broccoli including stalks
- 1 pinch sea salt
- 1 tablespoon kelp flakes + more to garnish
- 1 handful broccoli sprouts

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 290 milligrams
9. Sugar: 6 grams

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