**Sweet Potato Spinach Stew (GF, V)**

Serves 4

1 TBL Coconut Oil

1 large Onion, chopped

2 Garlic cloves, chopped

2 large Sweet Potatoes, chopped

1 TBL Poultry seasoning

1 32oz package of Vegetable Broth

1 heaping TBL Sunflower Seed Butter

1 bunch Spinach, chopped

Melt coconut oil in a large soup pot over medium heat. Add onion and garlic. Sauté for about 5 minutes. Add sweet potatoes, poultry seasoning and vegetable broth. Cover and simmer for about 15 minutes until sweet potatoes are tender. Add in sunflower seed butter and chopped spinach. Mix well until hot.