

## Sweet Onion and Potato Soup

3 cups diced potatoes  
8 cups low sodium chicken broth  
1 ½ Tbsp margarine  
2 large yellow onions, sliced  
2/3 cup fat free sour cream  
1 tsp white pepper  
2 Tbsp dried chives

In a soup pot, cook the sliced onions with the margarine for 12-15 minutes. Stir often.

Add the potatoes and stir with the onions. Cook for an additional 10 minutes.

Add the chicken broth, stir and bring to a simmer. Cook for an additional 20 minutes or until potatoes are tender.

Add the fat free sour cream, white pepper and chives. Stir and return to a simmer.  
Remove the heat once it has reached 165° F.

Mash the soup with a potato masher until about half of the potatoes have been mashed.

**Chef Tip:** If you prefer a smoother consistency, skip the masher and just puree the entire soup. A hand blender makes this quick and easy and it can be done right in the soup pot.

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calorie-fat-carb-sodium-protein

Serves 12