

Beet & Caraway Soup.

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| 1 tbsp oil | 3 1/2 cups stock |
| 1 small red onion | 3 cups ch. beets (1 lb) |
| 1 clove garlic | 1 large potato peeled & chopped |
| 1/4 tsp caraway seeds | 1/4 cup lite sour cream |
| 1/4 " salt & pepper | 1 tbsp horse radish |

In large saucepan add oil
& add onion until softened, add stock etc
& Cook till vegs tender.

Puree in processor (blender)

Add cream, when serving
+ horseradish.

4 to 6 servings

131 calories

More stock or water after blender can be
added to thin out.