

Potato & Kefir Soup

INGREDIENTS

1 tbsp vegetable oil	Salt and pepper
2 cups diced sweet onion	2 cups plain kefir
2 cups diced sweet potato	2 tbsp chopped chives
1 cup diced white potato	
4 cups reduced-fat chicken broth (or vegetable broth)	

1. Heat the oil in a stockpot; add onion and sauté 3-4 minutes.
2. Add sweet and white potatoes and chicken broth; bring to a boil. Then reduce heat and simmer 25-30 minutes.
3. Puree soup and season with salt and pepper. Whisk in kefir and serve with a sprinkling of chives.

Yields 6 servings

Source: Lifeway Foods