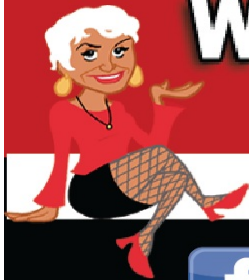


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## SAVORY BEET SOUP

Advanced Lifestyle

### Ingredients

1 TSP olive oil	3 medium beets, peeled and halved
1 cup chopped onion	1 medium potato, peeled and halved crosswise
4 cups fat-free, less-sodium chicken broth	1 bay leaf
2 cups water*	1 TSP lemon juice
1/2 TSP salt	8 TSP reduced-fat sour cream
1/4 TSP freshly ground black pepper	

### Instructions

1. Heat the oil in a Dutch oven over medium-high heat. Add onion; sauté 3 minutes or until tender. Add broth and next 6 ingredients (through bay leaf). Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes or until beets and potato are tender. Discard bay leaf.
2. Place one-third broth mixture in blender or food processor; process until smooth. Place puréed mixture in a large bowl. Repeat procedure twice with remaining broth mixture. Return puréed mixture to pan. Warm soup over low heat for 5 minutes or until thoroughly heated. Remove from heat, and stir in lemon juice.
3. Combine 1/2 cup soup and the sour cream, stirring with a whisk. Divide soup evenly among each of 8 bowls. Top each serving with 1 tablespoon sour cream mixture; swirl sour cream mixture using the tip of a knife.

**Portion-Per-Serving Information:** (Yields 8 servings)

Serving = 3/4 cup = 1-1/2 V

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\* You can use only 1 cup of water, or skip altogether, if you like thicker soup.