



### **JodiAnn's Purple Soup**

*This is actually a recipe I clipped from Cooking Light MANY years ago. The original recipe used less oil, a bay leaf and didn't include sweet potato. I don't believe in bay leaves.*

*Make this soup a whole meal by pairing with your favorite sandwich or protein. Or just pair with some really yummy bread for a lighter meal.*

*Enjoy!*

#### **Ingredients:**

1 Tblsp olive oil  
1 cup diced onion  
4 cups vegetable or chicken broth  
2 cups water  
1/2 tsp salt  
1/4 tsp black pepper  
3 medium-large beets, peeled and diced  
1 medium potato, peeled and diced  
1 medium sweet potato, peeled and diced  
1 tsp lemon juice  
2 Tblsp sour cream

#### **Directions:**

Heat the oil over medium-high heat. Add onion and saute until tender. Add broth and rest of ingredients EXCEPT lemon juice and sour cream. Bring to a boil, reduce heat and simmer, uncovered for 25 minutes or until beets and potato are tender. Let cool and puree (with blender or immersion blender) until completely smooth. Stir in lemon juice. Warm soup over low-medium heat before eating. In a separate bowl, mix 1/2 cup of the soup with sour cream. Pour desired amount of soup in a bowl and drizzle with 1-2 Tblsp sour cream mixture.