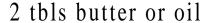
## Potato - Fennel Soup



4 cups thinly sliced onions

1 tsp salt

4 med potatoes sliced thin into 1 -2 inch pieces

1 cup freshly minced fennel bulb

½ tsp caraway seeds

4 cups water

White pepper to taste

**Optional topping**: sour cream, thinned by whisking, feathery tops of fennel well minced.

Calories = 108, Fat = 0, Carbs = 26g, Protein = 4.2g Fiber = 3.5g

## **Instructions:**

- 1. Melt the butter or heat oil in a kettle or Dutch oven. Add onions and tsp salt, and cook over medium/low heat about 15 20 minutes, stirring occasionally, until onions are very soft and lightly browned.
- 2. Add the potatoes, another tsp salt, the minced fennel bulb, and the caraway seeds. Saute' over medium heat for another 5 minutes, then add the water. Bring to a boil, then partially cover, and simmer until the potatoes are tender (10 15 minutes).
- 3. Taste to adjust salt; add white pepper. Serve hot, topped with a decorative swirl of thinned sour cream and/or minced feathery fennel tops.

## Makes 6 servings

Source: Moosewood Cookbook