

Potato – Fennel Soup

2 tbs butter or oil
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