



CREAMY SWEET POTATO SOUP

2 tablespoons butter or oil
1 large onion, sliced
1-2 teaspoons ground cumin (I used one)
3 sweet potatoes, peeled and cubed
1 ½ quarts chicken (or vegetable) broth
1 ¾ cups plain yogurt (or sour cream)
2 tablespoons chopped parsley or cilantro, or more
¼ cup toasted pumpkin seeds
Salt and pepper to taste

In a soup pot, combine onions, butter, and cumin. Stir and sauté 3-4 minutes. Add sweet potatoes and broth, and bring to a boil. Reduce heat and simmer 20-25 minutes. Puree soup with 1 ½ cups yogurt, parsley, or cilantro. Season with salt and pepper to taste. Serve each portion of soup with a dollop of remaining yogurt and sprinkle of pumpkin seeds. Serves 12.