

Beet Soup

1 cup sliced cooked beets
½ small onion, sliced
1 tsp salt
¼ tsp ground black pepper
2 tbsp lemon juice
1 medium boiled or mashed potato
1 cup chicken stock
1 cup Hudson Valley Fresh sour cream
1 cup cracked ice

Put the beets, onion, salt, pepper, lemon juice and potato into an electric blender, cover and turn on high. Mix until all ingredients are evenly distributed.

Remove the cover, while the it is mixing, pour in the chicken stock and sour cream. Add the cracked ice and blend for one minute.

Chill and serve garnished with fresh dill.