



## Two-Potato Bisque

Recipe by: Holly Clegg

### Ingredients:

- 1 Large sweet potato (yam), peeled and cut into 1-inch cubes or 1 (15oz.) can sweet potatoes
- 1 Large baking potato, peeled and cut into 1-inch cubes
- 1 Large onion, chopped
- 2 Garlic cloves, minced
- 1 Bay leaf
- Salt to taste
- 1 Teaspoon dried thyme
- 1/8 Teaspoon cayenne pepper
- 2 Cups canned fat-free chicken broth
- 1 Cup low-fat buttermilk
- 1 Cup skim milk
- 2 Tablespoon lime juice
- 3 Tablespoon chopped fresh cilantro, optional

### Instructions:

In a large pot, combine sweet potato, baking potato, onion, garlic, bay leaf, salt, thyme, cayenne and chicken broth. Bring to a boil. Reduce heat and simmer, covered, for 15 minutes or until potatoes are tender. Pour mixture into food processor and blend until smooth; return to pot. Add buttermilk, skim milk and lime juice. Cook over low heat until heated through; do not boil. Sprinkle cilantro on each serving, if desired.

Note: If using canned yams, cut in small chunks and stir in at the end of cooking.

**Serving Size:** Makes 4 to 6 servings.

**Cook Time:** 45 min