

Soups & Chili

Peach Soup

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

3 1/2 cups peaches, peeled and diced

1/2 cup Chablis or other dry wine

1 1/2 cups unsweetened white grape juice

1 cup water

1 stick (3-inch) cinnamon

1/2 teaspoon ground cardamom

1/2 teaspoon vanilla extract

In a medium saucepan, combine the peaches, wine grape juice, water and cinnamon. Bring to a boil. Cover and reduce heat. Simmer for 30 minutes.

Remove from the heat and stir in the cardamom and vanilla. Discard the cinnamon stick.

Pour half of the mixture into the container of an electric blender. Process until smooth.

Repeat with the remaining mixture.

Chill thoroughly.

Yield: 6 cups

Per Serving (excluding unknown items): 281 Calories; 1g Fat (2.2% calories from fat); 4g Protein; 72g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Fruit; 0 Fat.