
Summer Soup

Nancy Cohen Dudley

Party Recipes from the Charleston Junior League - 1993

1 large or 2 small cucumbers peeled, seeded and finely diced

3 bunches scallions (white part only), finely diced

1 green bell pepper, finely diced

1/4 cup low-fat plain yogurt

1/2 cup imitation sour cream

2 cubes chicken bouillon, crushed

salt (to taste)

white pepper (to taste)

Place all of the ingredients in a blender or food processor. Process until smooth.

Chill for at least two hours.

Yield: 2 or 3 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 316 Calories; 25g Fat (69.4% calories from fat); 6g Protein; 18g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3087mg Sodium. Exchanges: 1 1/2 Vegetable; 4 1/2 Fat; 1/2 Other Carbohydrates.