

French Peasant Soup

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

2 tablespoons butter or margarine
2 medium carrots, chopped coarsely
1 small white turnip, peeled and chopped
2 leeks (white part only), chopped
2 small onions, chopped
1 cup cabbage, chopped
1 stalk celery, chopped
1/4 teaspoon sugar
salt (to taste)
pepper (to taste)
1 quart chicken broth, consomme' or water
1 medium potato, chopped
1/2 cup green peas
1/2 cup cut green beans
French bread

In a heavy casserole, heat the butter. Add the carrots, turnip, leeks, onion, cabbage and celery. Sprinkle with sugar, salt and pepper to taste. Cook about 10 minutes over medium heat, stirring often.

Cover the casserole. Reduce the heat as far as possible. Simmer for 30 minutes, stirring frequently.

Add half of the chicken broth. Increase the heat slightly, and when boiling, stir in the potato, peas and beans.

Reduce the heat again. Simmer another 30 minutes. Add the remainder of the chicken broth. Continue to simmer for another 30 minutes.

When ready to serve, toast enough half-inch slices of French bread to cover the soup. Butter the toast, place on top of the soup. Place the whole casserole under the broiler for 2 to 3 minutes or until the toast is sizzling.

Per Serving (excluding unknown items): 89 Calories; 4g Fat (39.0% calories from fat); 2g Protein; 12g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 59mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	89	Vitamin B6 (mg):	.2mg
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% Calories from Fat:	39.0%
% Calories from Carbohydrates:	52.3%
% Calories from Protein:	8.8%
Total Fat (g):	4g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	10mg
Carbohydrate (g):	12g
Dietary Fiber (g):	3g
Protein (g):	2g
Sodium (mg):	59mg
Potassium (mg):	332mg
Calcium (mg):	29mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	19mg
Vitamin A (i.u.):	7001IU
Vitamin A (r.e.):	721RE

Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	29mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 89 Calories from Fat: 35

% Daily Values*

Total Fat	4g	6%
Saturated Fat	2g	12%
Cholesterol	10mg	3%
Sodium	59mg	2%
Total Carbohydrates	12g	4%
Dietary Fiber	3g	11%
Protein	2g	

Vitamin A	140%
Vitamin C	31%
Calcium	3%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.