
New Orleans Artichoke Soup

Amy Arness - Dayton's Grand Forks

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 6

1/4 cup butter
1/2 cup carrots, chopped
1/2 cup celery, chopped
1/2 cup onion, chopped
1/2 cup sliced fresh mushrooms
1/4 cup flour
2 cups chicken broth
5 cups quartered, canned artichoke hearts, undrained
1 bay leaf
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon dried thyme leaves
1/4 teaspoon dried oregano leaves
1/4 teaspoon dried sage leaves
dash paprika
1 cup whipping cream

In a large saucepan, melt the butter. Add the carrots, celery, onion and mushrooms. Saute' until soft. Stir flour into the vegetables. Cook for 10 minutes.

Stir in the chicken broth. Add the remaining ingredients except the whipping cream. Simmer for 30 minutes.

Remove the bay leaf. Beat the cream until frothy. Fold the cream into the soup. Heat thoroughly; Do Not Boil.

Soups, Chili, Stew

Per Serving (excluding unknown items): 249 Calories; 23g Fat (81.2% calories from fat); 4g Protein; 8g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 538mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.