

Peasant Vegetable Soup

Lousene Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

2 potatoes, sliced
2 tablespoons salad oil or margarine
2 leeks (white part only), well cleaned and sliced
2 onions, sliced
2 carrots, sliced
2 tomatoes, sliced
1 white turnip, sliced
1 clove
1 sprig parsley
salt (to taste)
pepper (to taste)
2 pints chicken broth plus one pint or three pints of water
1/2 cup sour cream
1 egg yolk, slightly beaten

On the top of the stove, heat the oil in a casserole and lightly saute' all of the sliced vegetables until they are almost, but not quite, tender.

Add the clove, parsley, salt, pepper and the broth, a pint at a time. Simmer for 45 minutes to one hour over the lowest possible heat, stirring occasionally.

Strain the soup and put the thick part through a food mill or a ricer, force it through a sieve, or puree' it in a blender.

Combine again with the broth. Reheat. Stir in the sour cream and egg yolk, well mixed, just before serving.

Per Serving (excluding unknown items): 123 Calories; 5g Fat (37.7% calories from fat); 3g Protein; 17g Carbohydrate; 3g Dietary Fiber; 44mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	123	Vitamin B6 (mg):	.2mg
% Calories from Fat:	37.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	52.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	44mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
			0
			1

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	44mg
Carbohydrate (g):	17g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	35mg
Potassium (mg):	545mg
Calcium (mg):	66mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	35mg
Vitamin A (i.u.):	7737IU
Vitamin A (r.e.):	814 1/2RE

Alcohol (kcal):
 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 123 Calories from Fat: 46

% Daily Values*

Total Fat 5g	8%
Saturated Fat 3g	14%
Cholesterol 44mg	15%
Sodium 35mg	1%
Total Carbohydrates 17g	6%
Dietary Fiber 3g	13%
Protein 3g	
Vitamin A	155%
Vitamin C	58%
Calcium	7%
Iron	8%

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