

Cold Tomato Dill Soup

Stonyfield Farm

Brand Name Light & Natural Cookbook (1996)

Servings: 8

*2 tablespoons olive oil
2 - 3 medium onions, chopped
2 - 4 cloves garlic, crushed
6 - 8 tomatoes, peeled and chopped
2 cups chicken stock
1/2 teaspoon white pepper
3 tablespoons fresh dill, finely chopped
1 teaspoon sugar
2 cups nonfat plain yogurt
1 cup buttermilk or skimmed milk
nonfat plain yogurt (for garnish)
dill or chives (for garnish), chopped*

In a skillet over medium heat, heat the olive oil. Add the onions and garlic. Saute' until soft but not brown.

Add the tomatoes, chicken stock, white pepper and dill. Cover and simmer for 15 minutes.

Cool the cooked mixture slightly. Then process in a blender or food processor in batches. Add the sugar, yogurt and milk to the tomato mixture. Blend well. Chill.

Adjust the seasonings. Pour into individual bowls. Garnish each with a dollop of yogurt. Sprinkle with chopped dill or chives. Serve very cold.

(Can be frozen before adding the sugar, yogurt and milk. After thawing, proceed with the recipe.)

Per Serving (excluding unknown items): 125 Calories; 4g Fat (27.9% calories from fat); 5g Protein; 18g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 592mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	125	Vitamin B6 (mg):	.2mg
% Calories from Fat:	27.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	55.1%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	16.9%	Riboflavin B2 (mg):	.2mg

Total Fat (g): 4g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 1mg
Carbohydrate (g): 18g
Dietary Fiber (g): 3g
Protein (g): 5g
Sodium (mg): 592mg
Potassium (mg): 514mg
Calcium (mg): 141mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 25mg
Vitamin A (i.u.): 595IU
Vitamin A (r.e.): 60RE

Folacin (mcg): 37mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 125 Calories from Fat: 35

% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	3%
Cholesterol	1mg	0%
Sodium	592mg	25%
Total Carbohydrates	18g	6%
Dietary Fiber	3g	10%
Protein	5g	
Vitamin A		12%
Vitamin C		41%
Calcium		14%
Iron		6%

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