

# Creamy Chilled Fennel and Cucumber Soup

Publix FamilyStyle Magazine - June/July 2014

## Servings: 6

3 tablespoons olive oil  
2 tablespoons butter  
1 pound Russet potatoes, peeled and cut into one-inch pieces  
3 leeks (white portion only), sliced  
1 large fennel bulb, trimmed and sliced  
2 cloves garlic, minced  
4 cups chicken broth (or vegetable broth)  
1 cup cucumber, peeled, seeded and coarsely chopped  
1/2 teaspoon salt  
1/4 teaspoon ground white pepper  
1/2 to one cup milk or whipping cream  
2 tablespoons chives, chopped

## Preparation Time: 20 minutes

## Cook Time: 25 minutes

In a large saucepan, heat the olive oil and butter over medium heat. Add the potatoes, leeks, fennel and garlic. Cook and stir for 5 to 8 minutes or until the leeks and fennel start to soften but not brown. Add the broth, bring to a boil. Reduce the heat. Simmer, covered, for 20 to 30 minutes or until the potatoes and fennel are very tender. Cool slightly.

In batches, transfer the mixture along with the cucumber, salt and white pepper to a blender or food processor. Blend or process until smooth. Transfer to a large bowl. Add milk to reach the desired consistency.

Cover and chill for two to four hours or until cold.

Garnish the servings with chives.

*If you purchase fennel with its feathery fronds still attached, consider using the leaves as garnish.*

---

Per Serving (excluding unknown items): 170 Calories; 11g Fat (55.2% calories from fat); 2g Protein; 17g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 242mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	170	Vitamin B6 (mg):	.2mg
% Calories from Fat:	55.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	39.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	11g	Folacin (mcg):	24mcg

**Saturated Fat (g):** 3g  
**Monounsaturated Fat (g):** 6g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 10mg  
**Carbohydrate (g):** 17g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 2g  
**Sodium (mg):** 242mg  
**Potassium (mg):** 606mg  
**Calcium (mg):** 32mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 21mg  
**Vitamin A (i.u.):** 277IU  
**Vitamin A (r.e.):** 49RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 170 **Calories from Fat:** 94

### % Daily Values\*

<b>Total Fat</b>	11g	17%
Saturated Fat	3g	17%
<b>Cholesterol</b>	10mg	3%
<b>Sodium</b>	242mg	10%
<b>Total Carbohydrates</b>	17g	6%
Dietary Fiber	3g	11%
<b>Protein</b>	2g	
<b>Vitamin A</b>		6%
<b>Vitamin C</b>		36%
<b>Calcium</b>		3%
<b>Iron</b>		5%

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