
Norwegian Fruit Soup

Mark Stephens and Cora Stephens

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

Servings: 8

1/2 pound pitted prunes, chopped

1 1/2 cups currants (or apricots), chopped

1 1/2 cups raisins, chopped

2 1/2 fresh apples, chopped

1/3 cup cooked rice

3 tablespoons tapioca (large pearl)

1/2 cup sugar

2 tablespoons lemon juice

In a four-quart covered pot, place the fruit with cold water. Bring to a boil. Allow the soup to simmer until the fruit is soft but not mushy.

Add the cooked rice and tapioca to the fruit mixture. Cook the mixture until clear.

Add the sugar. Cook for 2 additional minutes. Set aside to cool.

When fully cool, add the lemon sauce.

Serve cold.

Soups, Chili, Stew

Per Serving (excluding unknown items): 141 Calories; trace Fat (0.9% calories from fat); 1g Protein; 36g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Fruit; 1 Other Carbohydrates.