

Cream of Beet Soup

What's Cooking II
North American Institute of Modern Cuisine

- Servings: 4**
3 tablespoons butter
1/4 cup shallots, chopped
8 ounces beet leaves
8 ounces watercress
2 tablespoons flour
2 cups milk
1 tablespoon fresh parsley, chopped
1/2 teaspoon salt
1/4 teaspoon thyme
1/4 teaspoon marjoram
fresh ground pepper

In a large microwave-safe saucepan, spread the butter. Sprinkle with the shallots. Top with the beet leaves and watercress. Cover the saucepan with plastic wrap and place in microwave. Cook for 4 minutes on HIGH.

Remove from the microwave and stir. Continue cooking for 1 to 2 minutes or until the vegetables are tender.

In a blender, puree' the mixture. Return to the saucepan. Stirring constantly, fold in the flour. Add the remaining ingredients.

On the stovetop, simmer for 8 minutes on Medium heat. Stir once during cooking. Serve.

Per Serving (excluding unknown items): 180 Calories; 13g Fat (62.5% calories from fat); 6g Protein; 11g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 439mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	180	Vitamin B6 (mg):	.2mg
% Calories from Fat:	62.5%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	24.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	13.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	13g	Folacin (mcg):	18mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	40mg
Carbohydrate (g):	11g
Dietary Fiber (g):	1g
Protein (g):	6g
Sodium (mg):	439mg
Potassium (mg):	419mg
Calcium (mg):	226mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	28mg
Vitamin A (i.u.):	4447IU
Vitamin A (r.e.):	524RE

% Daily Values*

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 180 Calories from Fat: 112

% Daily Values*

Total Fat 13g	20%
Saturated Fat 8g	40%
Cholesterol 40mg	13%
Sodium 439mg	18%
Total Carbohydrates 11g	4%
Dietary Fiber 1g	6%
Protein 6g	

Vitamin A	89%
Vitamin C	46%
Calcium	23%
Iron	4%

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