

# Cream of Winter Vegetable Soup

*Huckleberry Springs - Monte Rio, CA*  
*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 6

*1 cup leeks (white part only), chopped*  
*1/4 cup butter*  
*4 to 5 quarts winter vegetables*  
*(onion, celery root, parsnips, carrots,*  
*celery, turnips, Brussels sprouts),*  
*cleaned and chopped*  
*3 cups chicken stock*  
*1/2 to 1 cup heavy cream*  
*salt (to taste)*  
*white pepper (to taste)*

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In a pot, saute' the leeks in butter until soft. Add any combination of the vegetables to the leeks. Stir and cook for 10 minutes with the butter (add more butter, if needed).

Pour in the chicken stock. Bring to a boil. Reduce the heat and simmer until the vegetables are tender. Remove from the heat and cool slightly.

Puree' in a food processor or blender in batches until the mixture is smooth.

Return to the pot. Add the cream, salt and pepper.

Reheat when ready to serve but do not boil.

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Per Serving (excluding unknown items): 147 Calories; 15g Fat (94.6% calories from fat); 1g Protein; 1g Carbohydrate; 0g Dietary Fiber; 48mg Cholesterol; 1159mg Sodium. Exchanges: 0 Non-Fat Milk; 3 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	147	Vitamin B6 (mg):	trace
% Calories from Fat:	94.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	2.8%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	15g	Folacin (mcg):	2mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	48mg
Carbohydrate (g):	1g
Dietary Fiber (g):	0g
Protein (g):	1g
Sodium (mg):	1159mg
Potassium (mg):	60mg
Calcium (mg):	16mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	581IU
Vitamin A (r.e.):	155RE

Alcohol (kcal):	0
% Daily Value*	0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	147	Calories from Fat: 139
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### % Daily Values\*

<b>Total Fat</b>	15g	23%
Saturated Fat	9g	47%
<b>Cholesterol</b>	48mg	16%
<b>Sodium</b>	1159mg	48%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	0g	0%
<b>Protein</b>	1g	
<b>Vitamin A</b>		12%
<b>Vitamin C</b>		0%
<b>Calcium</b>		2%
<b>Iron</b>		4%

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