

Ambassador Soup

*Asa Ransom House - Clarence Hollow, NY
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 8

*4 cups chicken stock
1 tablespoon chicken fat
1 1/2 cups onions, chopped
3/4 cup celery, chopped
3/4 cup carrots, chopped
salt (to taste)
freshly ground pepper (to taste)
1/2 cup flour
2 cups shredded lettuce
1/3 cup rice
1 cup peas
1 cup milk*

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Heat the chicken stock in a saucepan.

Using a three-quart sauce pot, heat the chicken fat. Saute' the celery, carrots and onions. Season lightly with salt and pepper. Cook until the onion begins to get translucent.

Reduce the heat. Add the flour. Stir constantly and cook for 5 to 8 minutes.

Add half of the chicken stock. Mix well to dissolve the flour. Add the remaining stock, shredded lettuce, rice and peas. Bring to a boil and simmer until the rice is tender.

Slowly add the milk, mixing well. Adjust the seasoning by adding salt and pepper to taste.

Per Serving (excluding unknown items): 136 Calories; 3g Fat (20.9% calories from fat); 4g Protein; 21g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 1106mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	136
% Calories from Fat:	20.9%
% Calories from Carbohydrates:	65.3%
% Calories from Protein:	13.8%
Total Fat (g):	3g
Saturated Fat (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	35mcg
Niacin (mg):	2mg

Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 6mg
Carbohydrate (g): 21g
Dietary Fiber (g): 3g
Protein (g): 4g
Sodium (mg): 1106mg
Potassium (mg): 305mg
Calcium (mg): 69mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 3826IU
Vitamin A (r.e.): 390 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 136 Calories from Fat: 28

% Daily Values*

Total Fat	3g	5%
Saturated Fat	1g	6%
Cholesterol	6mg	2%
Sodium	1106mg	46%
Total Carbohydrates	21g	7%
Dietary Fiber	3g	10%
Protein	4g	
Vitamin A		77%
Vitamin C		23%
Calcium		7%
Iron		11%

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