

Apres Ski Soup

Nancy Hamlin - Littleton, CO
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Servings: 6

Yield: 1 1/2 quarts

1 tablespoon butter
1 1/4 cups cubed acorn squash
1 carrot, thinly sliced
1 medium leek (white portion only),
thinly sliced
3 cans (14-1/2 ounce ea) reduced-
sodium chicken broth
1 small zucchini, halved and sliced
1/2 cup uncooked elbow macaroni
1 bay leaf
1/2 teaspoon dried basil
1/4 teaspoon dried thyme
1/8 teaspoon salt
1/8 teaspoon pepper

Place the butter in a three-quart microwave-safe bowl. Microwave on high for 15 to 20 seconds or until melted. Add the squash, carrot and leek. Stir to coat. Cook, covered, on high for 6 minutes.

Stir in the remaining ingredients. Cook, covered, on high for 12 to 14 minutes or until the vegetables and macaroni are tender, stirring twice.

Remove the bay leaf.

Start to Finish Time: 30 minutes

This recipe was tested in an 1100 watt microwave oven.

Per Serving (excluding unknown items): 27 Calories; 2g Fat (61.0% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 67mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	27	Vitamin B6 (mg):	trace
% Calories from Fat:	61.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	31.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	10mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	5mg
Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	67mg
Potassium (mg):	126mg
Calcium (mg):	13mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	4mg
Vitamin A (i.u.):	3574IU
Vitamin A (r.e.):	368RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	27	Calories from Fat: 17
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	6%
Cholesterol	5mg	2%
Sodium	67mg	3%
Total Carbohydrates	2g	1%
Dietary Fiber	1g	3%
Protein	1g	

Vitamin A	71%
Vitamin C	7%
Calcium	1%
Iron	2%

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