

Bread Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 4

1 1/2 cups day-old French or Italian Bread, cut into 1-inch cubes
2 tablespoons olive oil
1 large leek, trimmed, split, washed thoroughly to remove all grit and thinly sliced
2 cloves garlic, finely chopped
1 small Belgian endive, trimmed, split lengthwise and sliced crosswise
2 thin slices (about 1 oz) prosciutto, julienned
1 bunch arugula OR 8 ounces fresh kale, washed and stemmed
6 cups unsalted chicken or veal stock
2 boiling potatoes peeled and diced
5 drops hot pepper sauce
1/2 teaspoon salt
1/2 teaspoon crushed black peppercorns

Preparation Time: 35 minutes

Preheat the oven to 350 degrees. Arrange the bread cubes in a single layer on a baking sheet and bake them until they are toasted - about 15 minutes.

Heat the oil in a large, heavy-bottomed pot over medium heat. Add the leek and cook it, stirring frequently, until it begins to brown - about 10 minutes. Stir in the garlic, endive and prosciutto. Continue cooking, stirring occasionally, until the endive softens - approximately 5 minutes. Add the arugula or kale and cover the pot. Cook the mixture until the arugula or kale wilts - about 3 minutes more.

Stir in the stock, potatoes and red-pepper sauce. Reduce the heat, cover the pot and simmer the soup until the potatoes are tender - about 15 minutes.

Stir in the salt, pepper and toasted bread cubes. Allow the bread cubes to soak up some of the broth before serving the soup.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 297 Calories; 16g Fat (50.4% calories from fat); 32g Protein; 4g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 3331mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Calories (kcal): 297
% Calories from Fat: 50.4%
% Calories from Carbohydrates: 5.5%
% Calories from Protein: 44.1%
Total Fat (g): 16g
Saturated Fat (g): 4g
Monounsaturated Fat (g): 9g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 79mg
Carbohydrate (g): 4g
Dietary Fiber (g): trace
Protein (g): 32g
Sodium (mg): 3331mg
Potassium (mg): 625mg
Calcium (mg): 29mg
Iron (mg): 2mg
Zinc (mg): 3mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 22IU
Vitamin A (r.e.): 2 1/2RE

Vitamin B6 (mg): .5mg
Vitamin B12 (mcg): 1.0mcg
Thiamin B1 (mg): .7mg
Riboflavin B2 (mg): .3mg
Folacin (mcg): 20mcg
Niacin (mg): 4mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Deficient: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 4 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 297 **Calories from Fat:** 150

% Daily Values*

Total Fat	16g	25%
Saturated Fat	4g	20%
Cholesterol	79mg	26%
Sodium	3331mg	139%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	2%
Protein	32g	
Vitamin A		0%
Vitamin C		5%
Calcium		3%
Iron		10%

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