

Chicken Soup with Carrots, Potatoes and Spinach

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Servings: 4

1 small (about 2 pound) chicken, skinned, all visible fat removed
1 onion, peeled and stuck with two cloves
1 stalk celery
8 to 12 parsley stems
1 bay leaf
1 teaspoon ground cumin
1 sprig fresh thyme OR 1/4 teaspoon dried thyme leaves
1 whole bulb garlic, outer papery coating removed, the bulb cut in half crosswise
1/2 teaspoon salt
3/4 pound (about 2 cups) boiling potatoes, peeled and sliced
1 pound carrots, sliced into 1/4-inch-thick rounds
4 ounces fresh spinach, washed, stemmed and sliced into 1/2-inch-wide strips
freshly ground black pepper

Preparation Time: 30 minutes

Put the chicken into a large pot and add six cups of water. Bring the water to a boil, then reduce the heat and simmer the chicken for 10 minutes, frequently skimming off the foam that rises to the surface. Add the onion, celery, parsley stems bay leaf, cumin, thyme, garlic and salt. Continue simmering until the chicken is tender - about 45 minutes.

Place a colander over a large bowl and pour the contents of the pot into it. Leave the chicken to cool in the colander.

Return the broth to the pot and bring it to a boil. Add the potatoes, reduce the heat and cover the pot. Simmer until the potatoes are just tender - about 10 minutes. Remove the potatoes with a slotted spoon and set them aside.

Add the carrots to the simmering broth. Cover the pot and continue to cook until the carrots are very tender - 15 to 20 minutes.

While the carrots are cooking, remove the meat from the chicken and either cut it or tear it with your fingers into bite-size pieces. Reserve the meat, discard the bones and the remaining solids in the colander.

When the carrots are cooked, puree' half of them with half of the broth in a food processor or blender. Transfer the contents to a bowl; then puree' the remaining carrots and broth. Pour all the liquid back into the pot. Add the potatoes, chicken and spinach leaves. Reheat the soup gently and season it with pepper.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 886 Calories; 59g Fat (60.5% calories from fat); 67g Protein; 19g Carbohydrate; 5g Dietary Fiber; 340mg Cholesterol; 596mg Sodium. Exchanges: 1/2 Grain(Starch); 9 Lean Meat; 2 1/2 Vegetable; 6 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	886	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	60.5%	Vitamin B12 (mcg):	3.7mcg
% Calories from Carbohydrates:	8.7%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	30.8%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	59g	Folacin (mcg):	178mcg
Saturated Fat (g):	16g	Niacin (mg):	26mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	340mg	% Refuse:	0.0%
Carbohydrate (g):	19g		
Dietary Fiber (g):	5g		
Protein (g):	67g		
Sodium (mg):	596mg		
Potassium (mg):	1432mg		
Calcium (mg):	112mg		
Iron (mg):	7mg		
Zinc (mg):	5mg		
Vitamin C (mg):	34mg		
Vitamin A (i.u.):	33520IU		
Vitamin A (r.e.):	3983 1/2RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	9
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	6
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 886 **Calories from Fat:** 537

% Daily Values*

Total Fat	59g	90%
Saturated Fat	16g	80%
Cholesterol	340mg	113%
Sodium	596mg	25%
Total Carbohydrates	19g	6%
Dietary Fiber	5g	20%
Protein	67g	

Vitamin A	670%
Vitamin C	56%
Calcium	11%
Iron	39%

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