

# Chicken, Eggplant and Tomato Soup

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## Servings: 4

*8 cups unsalted chicken stock*  
*4 cloves garlic, finely chopped*  
*juice of one lemon*  
*freshly ground black pepper*  
*4 (about one pound) chicken breast halves, skinned and boned*  
*1 tablespoon fresh mint, chopped*  
*2 1/2 pounds ripe tomatoes, peeled, seeded and coarsely chopped OR one can (28 ounce) unsalted tomatoes, drained and chopped*  
*1 tablespoon fresh thyme OR 3/4 teaspoon dried thyme leaves*  
*3/4 pound unpeeled eggplant, cut into 1/2-inch cubes*  
*2 ounces feta cheese, soaked ten minutes in cold water to remove some of its salt, drained and crumbled*

Bring the stock to a boil in a large, heavy-bottomed saucepan. Add the garlic, half of the lemon juice and a generous grinding of pepper. Reduce the heat and add the chicken. Poach the chicken at a simmer until the meat feels springy to the touch - about 5 minutes.

Use a slotted spoon to remove the chicken from the poaching liquid. When the chicken is cool enough to handle, cut it into small cubes and put the cubes in a bowl. Toss the chicken with the mint and the remaining lemon juice and set it aside to marinate.

Add the tomatoes and thyme to the stock and simmer the liquid for 10 minutes. Add the eggplant and cook for 5 minutes more. Stir in the chicken and its marinade and simmer the soup for 2 minutes.

Serve the soup with the cheese sprinkled on top.

Start to Finish Time: 1 hour

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Per Serving (excluding unknown items): 292 Calories; 16g Fat (52.0% calories from fat); 32g Protein; 2g Carbohydrate; trace Dietary Fiber; 105mg Cholesterol; 250mg Sodium. Exchanges: 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	292	Vitamin B6 (mg):	.8mg
% Calories from Fat:	52.0%	Vitamin B12 (mcg):	.7mcg

% Calories from Carbohydrates: 2.4%  
 % Calories from Protein: 45.6%  
 Total Fat (g): 16g  
 Saturated Fat (g): 6g  
 Monounsaturated Fat (g): 6g  
 Polyunsaturated Fat (g): 3g  
 Cholesterol (mg): 105mg  
 Carbohydrate (g): 2g  
 Dietary Fiber (g): trace  
 Protein (g): 32g  
 Sodium (mg): 250mg  
 Potassium (mg): 346mg  
 Calcium (mg): 94mg  
 Iron (mg): 1mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 3mg  
 Vitamin A (i.u.): 241IU  
 Vitamin A (r.e.): 58 1/2RE

Thiamin B1 (mg): .1mg  
 Riboflavin B2 (mg): .2mg  
 Folic Acid (mcg): 12mcg  
 Niacin (mg): 15mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

Calories 292      Calories from Fat: 152

### % Daily Values\*

**Total Fat** 16g 25%  
     Saturated Fat 6g 30%  
**Cholesterol** 105mg 35%  
**Sodium** 250mg 10%  
**Total Carbohydrates** 2g 1%  
     Dietary Fiber trace 1%  
**Protein** 32g

**Vitamin A** 5%  
**Vitamin C** 4%  
**Calcium** 9%  
**Iron** 8%

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