

Gingery Pear Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 4

1 tablespoon safflower oil
2 tablespoons fresh ginger, finely chopped
1 tablespoon shallot, finely chopped
1/4 cup pear brandy (optional)
1 pound Bartlett pears (preferably red), quartered, cored and sliced into thin wedges
2 cups unsalted chicken stock
1/4 teaspoon salt
1 cup low-fat milk
4 sprigs parsley (for garnish)

Preparation Time: 10 minutes

Heat the oil in a large, heavy-bottomed pot over medium heat. Add the ginger and shallot and cook them, stirring, until the shallot is translucent - 2 to 3 minutes. Pour in the brandy, if you are using it, and cook the mixture until the liquid is nearly evaporated - about 3 minutes more.

Add the pears, stock and salt. Reduce the heat and simmer the mixture, partially covered, until the pears are translucent and soft - 15 to 20 minutes. Remove a few pear slices and set them aside for garnish.

Puree' the contents of the pot in a food processor or blender. Return the puree' to the pot, stir in the milk and warm the soup over low heat, taking care that it does not boil. Serve the soup immediately, garnished with the reserved pear slices and the parsley sprigs.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 34 Calories; 3g Fat (88.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 134mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	34	Vitamin B6 (mg):	trace
% Calories from Fat:	88.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	10.0%	Thiamin B1 (mg):	0mg

% Calories from Protein: 1.3%
 Total Fat (g): 3g
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): 3g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 1g
 Dietary Fiber (g): trace
 Protein (g): trace
 Sodium (mg): 134mg
 Potassium (mg): 21mg
 Calcium (mg): 2mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): trace
 Vitamin A (i.u.): 312IU
 Vitamin A (r.e.): 31 1/2RE

Riboflavin B2 (mg): 0mg
 Folic Acid (mcg): 1mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 34 Calories from Fat: 30

% Daily Values*

Total Fat 3g 5%
 Saturated Fat trace 2%
Cholesterol 0mg 0%
Sodium 134mg 6%
Total Carbohydrates 1g 0%
 Dietary Fiber trace 0%
Protein trace

Vitamin A 6%
Vitamin C 1%
Calcium 0%
Iron 0%

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