

Radish Top Soup

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Servings: 6

4 cups (3 to 4 bunches) red radish greens
2 tablespoons butter
1 cup chopped onion
2 (2 cups) russet potatoes, coarsely chopped
4 cups low-sodium chicken broth
1/2 teaspoon salt
1/3 cup whipping cream
red, purple or watermelon radish slices (for garnish)
fresh parsley leaves (for garnish)
cracked black pepper (for garnish)

Preparation Time: 15 minutes

Rinse the radish greens thoroughly to remove any grit. Drain.

In a four- to six-quart saucepan over medium heat, melt the butter. Add the onion. Cook until tender, about 3 minutes. Stir in the greens and potatoes to coat with butter.

Add the broth and salt. Bring to a boil. Reduce the heat. Simmer, uncovered, until the potatoes are very tender, about 30 minutes.

Allow the mixture to cool slightly, then puree' with an immersion blender (or in a blender, half a batch at a time, and return the mixture to the saucepan).

Stir in the whipping cream. Cook over medium heat, stirring, until heated through, about 2 minutes. Garnish with radish slices, parsley and black pepper.

(The soup can be chilled, covered, up to three days and gently reheated.)

Per Serving (excluding unknown items): 188 Calories; 10g Fat (42.5% calories from fat); 10g Protein; 22g Carbohydrate; 2g Dietary Fiber; 28mg Cholesterol; 255mg Sodium. Exchanges: Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat.