

Rice and Tomato Soup

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 quart beef stock
1/8 cup rice
1 cup canned tomatoes
1 bay leaf
1 small piece whole ginger
2 or 3 kernels whole pepper
1 small onion, chopped
2 stalks celery, chopped
green parsley, chopped
2 tablespoons cream
1 tablespoon butter
salt (to taste)*

Cook the rice in the stock until tender with the spices, onions, celery and parsley.

Remove from the heat.

Add the cream and butter.

Serve.

Per Serving (excluding unknown items): 443 Calories; 20g Fat (45.6% calories from fat); 10g Protein; 45g Carbohydrate; 6g Dietary Fiber; 57mg Cholesterol; 9053mg Sodium. Exchanges: 1 Grain(Starch); 4 Vegetable; 4 Fat.