

Scallion Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 8

1 tablespoon virgin olive oil
4 bunches scallions, trimmed, white
parts cut into 1-inch lengths, green
parts sliced into 1/4-inch pieces
8 cups unsalted chicken stock
1 sprig tarragon OR 2 teaspoons
dried tarragon, leaves stripped and
chopped, stem reserved
1/4 teaspoon salt
freshly ground black pepper

Preparation Time: 15 minutes

In a large, heavy-bottomed pot, heat the oil over medium-high heat. Add the white parts of the scallions and saute' them until they are soft - about 2 minutes. Then pour in the stock and add the tarragon stem or one teaspoon of the dried tarragon, the salt and some pepper. Reduce the heat and cook the mixture at a strong simmer, uncovered, for 30 minutes. If you used a tarragon stem, remove and discard it.

Add to the pot the tarragon leaves or the remaining teaspoon of dried tarragon, and the green parts of the scallions. Cook the soup until the scallion greens are tender - about 4 minutes more. Serve at once.

Start to Finish Time: 50 minutes

Per Serving (excluding unknown items): 17 Calories; 2g Fat (84.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 68mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	17	Vitamin B6 (mg):	0mg
% Calories from Fat:	84.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	12.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	3.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	5mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	68mg
Potassium (mg):	21mg
Calcium (mg):	6mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	29IU
Vitamin A (r.e.):	3RE

Caffeine (mg):	0
Alcohol (kcal):	0
% Refuse:	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: 8

Amount Per Serving

Calories 17 Calories from Fat: 15

% Daily Values*

Total Fat 2g	3%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 68mg	3%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein trace	
Vitamin A	1%
Vitamin C	2%
Calcium	1%
Iron	1%

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