

Tarragon-Zucchini Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 8

1 tablespoon unsalted butter
1 tablespoon safflower oil
3 onions, chopped
1 1/2 pounds zucchini, trimmed and cut into one-inch pieces
2 carrots, thinly sliced
6 cups unsalted chicken stock
1 1/2 tablespoons fresh tarragon, finely chopped
several tarragon stems tied in a bundle
1 cup low-fat milk
1/2 teaspoon salt
freshly ground black pepper
pinch cayenne pepper

Preparation Time: 50 minutes

Melt the butter with the safflower oil in a large, heavy-bottomed pot over medium heat. Add the onions and cook them, stirring often, until they are golden - 15 to 20 minutes. Add the zucchini, carrots, chicken stock and tarragon stems and bring the mixture to a boil. Reduce the heat, cover the pot, and simmer the liquid for 15 minutes. Remove the lid, increase the heat, and boil the soup, skimming off any impurities that rise to the surface. Continue to cook, stirring occasionally, until the soup is reduced by about one third - 20 to 25 minutes.

Remove the pot from the heat and discard the bundle of tarragon stems. Pour the soup into a large bowl. Puree' about two thirds of the soup in a blender or food processor. Return the puree' to the pot.

Briefly process the remaining third of the soup to achieve a coarse consistency and pour it back into the pot. Stir in the milk, black pepper and cayenne pepper. Reheat the soup gently without letting it come to a boil. Stir in the chopped tarragon.

Serve the soup either warm or chilled.

Start to Finish Time: 1 hour 10 minutes

Per Serving (excluding unknown items): 63 Calories; 3g Fat (44.6% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 143mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	63	Vitamin B6 (mg):	.1mg
% Calories from Fat:	44.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	45.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	28mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	4mg	% Refuse:	0.0%
Carbohydrate (g):	8g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	143mg	Vegetable:	1 1/2
Potassium (mg):	326mg	Fruit:	0
Calcium (mg):	27mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	12mg		
Vitamin A (i.u.):	5396IU		
Vitamin A (r.e.):	547 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 63 **Calories from Fat:** 28

% Daily Values*

Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol 4mg	1%
Sodium 143mg	6%
Total Carbohydrates 8g	3%
Dietary Fiber 2g	9%
Protein 2g	

Vitamin A	108%
Vitamin C	19%
Calcium	3%
Iron	3%

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