

# Tomato Cognac Soup

*Snowvillage Inn - Snowville, NH  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

*3 pounds canned whole tomatoes with liquid  
1 large onion, chopped  
6 tablespoons butter  
1 tablespoon dried basil  
1 pint light cream  
1 to 2 tablespoons brown sugar  
5 tablespoons cognac  
salt (to taste)  
freshly ground pepper (to taste)  
chopped fresh parsley or chives or hot croutons (for garnish)*

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In a pot, saute' the onion in butter for 20 minutes, until soft but not brown.

Squash the tomatoes. Add them and their liquid to the onion. Add the basil. Stir. Bring to a boil. Reduce the heat. Simmer, covered, for 30 minutes. Set aside. Let cool slightly.

Puree' in a food processor and reheat.

In a small saucepan, heat the cream with the sugar, whisking often. Pour into the tomatoes. Heat the soup but do not boil.

Add the cognac and salt and pepper.

Garnish with chopped parsley or chives or fresh hot croutons.

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Per Serving (excluding unknown items): 2307 Calories; 162g Fat (66.2% calories from fat); 16g Protein; 171g Carbohydrate; 4g Dietary Fiber; 504mg Cholesterol; 955mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 32 Fat; 10 1/2 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2307	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	66.2%	<b>Vitamin B12 (mcg):</b>	1.1mcg
<b>% Calories from Carbohydrates:</b>	31.0%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	2.8%	<b>Riboflavin B2 (mg):</b>	.8mg
<b>Total Fat (g):</b>	162g	<b>Folacin (mcg):</b>	48mcg
<b>Saturated Fat (g):</b>	101g	<b>Niacin (mg):</b>	1mg

**Monounsaturated Fat (g):** 47g  
**Polyunsaturated Fat (g):** 6g  
**Cholesterol (mg):** 504mg  
**Carbohydrate (g):** 171g  
**Dietary Fiber (g):** 4g  
**Protein (g):** 16g  
**Sodium (mg):** 955mg  
**Potassium (mg):** 1437mg  
**Calcium (mg):** 723mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 13mg  
**Vitamin A (i.u.):** 6479IU  
**Vitamin A (r.e.):** 1559 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 161  
**% Refuse:** 0 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 32  
**Other Carbohydrates:** 10 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 2307      **Calories from Fat:** 1526

### % Daily Values\*

<b>Total Fat</b>	162g	249%
Saturated Fat	101g	503%
<b>Cholesterol</b>	504mg	168%
<b>Sodium</b>	955mg	40%
<b>Total Carbohydrates</b>	171g	57%
Dietary Fiber	4g	15%
<b>Protein</b>	16g	
<b>Vitamin A</b>		130%
<b>Vitamin C</b>		22%
<b>Calcium</b>		72%
<b>Iron</b>		29%

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