
Silky Watercress Soup

From my English friend, Pamela James



Servings: 5

1. Melt butter in large saute pan; add leeks and onions; cook for 5 minutes without browning. Add potato and cook for 3 minutes.
2. Remove larger stalks from the watercress and roughly chop leaves. Add to pan with stock and salt and pepper.
3. Bring to a boil, cover and simmer for 30 minutes.
4. Sieve mixture or puree in a blender until smooth.
5. Stir in milk; heat until it's just below a simmer. Pour into bowls and garnish with a little swirl of cream and croutons.
6. May be served hot or chilled (chill for several hours).

1 1/2 ounces butter
2 large leeks, cleaned, thinly sliced
1 large onion, chopped
8 ounces potato, peeled, diced
2 bunches watercress, about 4-5 cups, chopped
2 cups low sodium chicken broth
2 cups milk, or use some half and half
salt and pepper to taste
croutons for garnish

Per Serving (excluding unknown items): 208 Calories; 10g Fat (43.5% calories from fat); 10g Protein; 21g Carbohydrate; 2g Dietary Fiber; 32mg Cholesterol; 341mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.

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