Vegetable Soup with Bacon & Herbs

My own concoction but very loosely based on a recipe from Cooking in the Archives, 2015



2 slices bacon, chopped
1 1/2 tablespoons vegetable oil, optional
1/2 yellow onion, chopped
1 cup celery, thinly sliced
1/2 Savoy cabbage, chopped
1/2 poblano chile, seeded, chopped small (optional)
2 cups chicken broth
1 cup green beans
1/2 cup broccoli, cut in small florets
1/2 cup frozen peas
1 pinch red pepper flakes
2 dashes Slap Yo Mama Cajun Seasoning, or cayenne
1/4 teaspoon nutmeg, freshly ground
1/2 cup Italian parsley, save some for garnish
1/4 cup fresh mint, save some for garnish
2 tablespoons chives, chopped
1 cup whole milk
1 large egg, beaten
1/4 cup heavy cream
Salt and freshly ground black pepper to taste

Per Serving (excluding unknown items): 314 Calories; 22g Fat (61.6% calories from fat); 13g Protein; 17g Carbohydrate; 5g Dietary Fiber; 113mg Cholesterol; 726mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 4 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 3

NOTE: This soup is very flexible - add what vegetables you like, but I particularly made this to NOT include any root veggies. If you add them you'll need to adjust the cooking time accordingly and note that there isn't a lot of liquid, so root veggies won't be submerged in broth.

1. In a large high sided pan render the bacon over low heat until it has begun to crisp.
2. Add oil (if needed) to the pan then add the chopped onion. Cook for 5-7 minutes until onion is translucent.
3. Add celery and cabbage, and poblano chile. Turn heat to low and continue to cook for another 3-4 minutes, stirring several times.
4. Add chicken broth, then add green beans, broccoli, peas, red pepper flakes, nutmeg and Cajun seasoning. Cover and allow mixture to simmer for about 7-10 minutes until vegetables are not quite tender.
5. In a small bowl whisk the egg, then add the milk. Add it to the pan, then most of the parsley, chives and mint. Bring to a simmer and cook for 1-2 minutes (don't let it boil), then add heavy cream. Heat just until mixture is hot and vegetables are cooked to your liking. Taste for seasoning (salt and pepper) and add to suit your own palate. Scoop into bowls and garnish with additional parsley and mint.