

Winter Soup with 3 Vegetables

Source: The Heritage of French Cooking (Weldon Russell)

From the nineteenth century on, vegetable soup typically how to begin the evening meal in modest and middle-class French homes. Leeks, potatoes, celery, carrots, turnips + squash made it a dish for winter. Among the peasants it sometimes constituted the entire meal, perhaps embellished with a plain piece of bacon or a sliver of butter, depending on regional custom. This contemporary version is lighter and more refined, but what it loses in substance it gains in delicacy of taste and texture.

INGREDIENTS:

2 TBS extra virgin olive oil
1 celery heart, cut into thin rounds
13 oz potatoes, peeled/cut into 1/4" cubes or coarsely grated
1 1/2 lb pumpkin flesh, cut into 1/2" cubes
Salt

DIRECTIONS:

Heat oil in a 4 qt non-aluminum pot - add celery heart - cook 2 minutes over gentle heat, stirring constantly with wooden spoon. Add potatoes - cook 1 minute - add pumpkin cubes + 2 C water - add salt and bring to boil. Cover the pot - simmer about 40 minutes, stirring from time to time, till potatoes disintegrate.

Pour soup into tureen and serve very hot. Add pepper before eating. This soup is also excellent cold.

Serves 4

Nutrition Facts: Calories: 200 Fat: 7g Carbohydrates: 33g Cholesterol: 0mg Sodium: 46mg Protein: 4g Fiber: 3g % Cal. from Fat: 32% % Cal. from Carbs: 66%