

Tuscan Artichoke Soup

Makes 6 Servings



2 tablespoons olive oil
3 celery stalks chopped
1 onion chopped
4 garlic cloves minced
2 (14-ounce) cans artichoke hearts chopped
1/2 cup sun dried tomatoes sliced

4 cups chicken stock
1 tablespoon lemon juice
1 cup spinach
1/2 cup half and half
salt and pepper to taste

1. Heat the olive oil in a large pot over medium-high heat.
2. Add celery, onion, and garlic. Sauté for 5 minutes to soften stirring often.
3. Add artichokes, sun dried tomatoes, chicken stock , and lemon juice. Bring to a simmer and let cook for 5 minutes.
4. Stir in the spinach and add half and half. Bring the soup back to a simmer. Season with salt and pepper.
5. Ladle into bowls.
6. Serve

Nutrition Facts

Amount per Serving

Calories 183

Calories from Fat 67

% Daily Value*

Total Fat 8g	12%
Saturated Fat 2g	10%
Cholesterol 7mg	2%
Sodium 1161mg	48%
Total Carbohydrate 19g	6%
Dietary Fiber 7g	28%
Sugars 3g	

Protein 8g

Vitamin A 5%	Vitamin C 41%
Calcium 13%	Iron 8%

Percent Daily Values are based on a 2,000 calorie diet.