

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

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

4 cups chicken stock

1 tablespoon lemon juice

1 cup spinach

1/2 cup half and half

salt and pepper to taste

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.