

Fines Herbes Soup

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Prep	Cook	Total
10 min	25 min	35 min

Serving: 4

A lovely soup of mixed herbs. Parsley is a nutritious herb and has been known to aid in blood sugar, blood pressure and allergy control. Tarragon may aid in sleep and blood sugar regulation and chives may aid in digestion and immunity. All 3 are excellent for bone health and there is a nice amount of relaxing B vitamins.

Ingredients

2 tablespoons **unsalted butter** *or oil of choice*

3 medium **leeks** *halved and sliced crosswise, white and tender green parts only*

3 cups **chicken** *or veggie stock*

1 tablespoon **long grain white rice**

2 cups **parsley leaves** *loosely packed*

$\frac{1}{2}$ cup **tarragon leaves**

$\frac{1}{2}$ cup **chives** *snipped*

1 large **egg**

1 large **egg yolk**

3 tablespoons **heavy cream**

$\frac{1}{2}$ teaspoon **sea salt**

freshly ground black pepper

Directions

In a saucepan, melt butter. Add the leeks and cook over moderate heat, stirring until softened, about 3 minutes. Add the stock and rice, cover and cook until leeks and rice are tender, about 15 minutes. Stir in parsley, tarragon, and chives; bring to a boil.

In a blender, combine raw egg, raw egg yolk, and cream. With the machine on low speed, slowly and carefully pour in the soup, blending until smooth. Return soup to saucepan, season with salt and pepper and heat til just warm. Transfer to 4 bowls and serve.

Nutritional Information

Amount Per Serving (4 Servings)

Calories: 267 **Protein:** 11 g **Sugar:** 6 g **Carbohydrate:** 24 g **Fat:** 15 g **Cholesterol:** 129 mg **Sodium:** 551 mg **Fiber:** 3 g