

Chicken, Mushroom & Artichoke Soup



Ingredients:

- 14 oz. can of artichoke hearts in brine, drain & rinse
- 1/2 cup chopped mushrooms
- 2 oz. soft or silken tofu
- 3 tbsp. grated parmesan cheese
- 1 1/2 tbsp. fresh lemon juice
- 3/4 tsp. dried tarragon
- 2 tsp. grated lemon peel
- 2 garlic cloves, minced
- 1/4 tsp. ground nutmeg
- 2 cups fat free, low sodium chicken broth
- 1/2 pound cooked skinless, boneless, chicken breast, cubed

Directions:

1. Place artichoke hearts and mushrooms in food processor and puree until soft and smooth.
2. Add the rest of the ingredients and puree until smooth creamy consistency.
3. Pour the mixture into a large pot, cover and simmer for about 10-15 minutes.

Nutrition Information:

Serving size*: 1 cup

Servings per recipe: 4

Calories per serving: 160

Total fat per serving: 3g

Total protein per serving: 22g

Total carbohydrates per serving: 12g

Nutritional Benefits:

Chicken breast and tofu are both great sources of protein.

*Serving size that is suggested for post-operative bariatric patients

Recipe Adapted from Levine, P., & Bontempo-Saray. (2004) Chicken Artichoke Soup. *Eating Well After Weight Loss Surgery*. New York, NY: Marlowe & Company

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