

TOMATO & RICE SOUP WITH SCALLOPS

From King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthServices/health/nutrition/recipes.aspx>

Ingredients

- 3.5 lbs. ripe tomatoes, chopped
- 1 Tbsp. unsalted butter
- 1 large onion, chopped
- 1 small celery stalk, chopped
- 2 small carrots, peeled and shredded
- 6 cups low sodium chicken stock
- 2 tsp. cilantro, chopped
- 2 Tbsp. green onions, chopped
- 4 Tbsp. long grain rice
- Salt and pepper, to taste (Nutrition facts are calculated without salt)
- 1 lb. fresh scallops
- ½ cup dry white wine
- 1 bay leaf

Instructions

1. Heat butter in a large saucepan and add onions, celery, and carrots with 1 cup of the chicken stock. Cover and simmer for 10 minutes on low heat, stirring occasionally.
2. Stir in tomatoes and all of the stock except reserve a ½ cup of the stock and set aside.
3. Cover and simmer over low heat for an additional 15 minutes, stirring occasionally.
4. When tomatoes are soft, purée soup in a food processor and return to saucepan. Add cilantro, green onions, and rice. Sprinkle with salt and pepper to taste. Simmer, uncovered for 10 minutes or until rice is cooked through or "al dente".
5. In a small saucepan, add scallops, wine, bay leaf and reserved chicken stock and bring to a rapid simmer on medium high heat then turn heat to low and cook until scallops are tender and cooked through.
6. Remove bay leaf and pour scallop mixture into tomato and rice soup mixture and serve.

Nutritional information per serving (6 servings)

Calories: 237

Calories from fat: 46

Total Fat: 5g

Saturated Fat: 2g

Cholesterol: 30mg

Sodium: 229mg

Total Carbohydrates: 25g

Dietary Fiber: 4g

Sugars: 0g

Protein: 21g

Vitamin A: 130%

Vitamin C: 95%

Calcium: 6%

Iron: 15%

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



Wellness Center