

Roasted Chestnuts Soup with Thyme Cream

Makes 10 servings

Nutrition Information Per Serving: 172 Calories, 3.5 g. Protein, 27.5 g. Carbohydrates, 3.6 g. Dietary Fibre, 5.5 g. Fat (2.3 g sat., 2.3 g mono.), 11 mg. Cholesterol, 364 mg. Sodium, 38 mg. Calcium.

Roasting bottled chestnuts brings back fresh-toasted flavor. The vibrant colour of this soup is sure to be a treat to the eyes as well.

Ingredients

- 3 cups of whole roasted bottled chestnuts
- 2 cups of chopped yellow onion
- 3/4 cup of thinly sliced carrot
- 1 Tbsp. of olive oil
- 6 cups of fat-free, lower-sodium chicken broth
- 5/8 tsp. of sea salt, divided
- 1/4 tsp. of freshly ground black pepper
- 1/3 cup of heavy whipping cream
- 1 1/2 tsp. of chopped fresh thyme leaves



Preparation

- Preheat oven to 400 degrees F.
- Place chestnuts on jelly-roll pan. Bake about 15 min.
- Transfer to large-size bowl, cool to room temperature.
- Combine onion, carrot, and oil on pan, toss to coat vegetables.
- Bake at 400 degrees F until tender (about 60 min), stirring occasionally.
- Add to chestnuts, stir in broth. Pour half of broth mixture into blender, blend until smooth.
- Pour pureed mixture into Dutch oven. Repeat procedure with remaining broth mixture.
- Stir in 1/2 tsp. of salt and pepper. Place pan over medium-high heat, bring to a simmer.
- Reduce heat to low, and simmer 20 min.
- In medium-size bowl, add cream and beat with mixer at high speed until soft peaks form.
- Add remaining 1/8 tsp. of salt, beat at high speed until stiff peaks form (do not over beat).
- To serve, ladle about 3/4 cup of soup into each of 10 bowls, top each with about 1 Tbsp. of cream.
- Sprinkle with thyme and serve immediately.