



Cuisine Santé Creamy Lentil and Fennel Soup (Gluten Free)

YIELD 6 SERVING

Ingredients

3 oz Fennel, diced
 2 oz Extra Virgin Olive Oil
 1 lb Lentil, cooked
 1 qt Water, boiling
 8 oz Heavy cream
 2 oz HACO-Swiss Cuisine Santé White Roux
 ½ oz HACO-Swiss Cuisine Santé Vegetable Stock

Preparation

Sauté the diced fennel in the Extra Virgin Olive Oil on medium heat. Add the cooked lentils to the sautéed fennel. Bring 1 qt of water to a boil. Incorporate the heavy cream and the Cuisine Santé White Roux. Then add the Cuisine Santé Vegetable Stock and simmer 5-10 minutes while stirring occasionally.

Setting

Garnish with chopped asparagus and some cilantro.

Specialty Ingredients

#726 HACO-Swiss Cuisine Santé Vegetable Stock
 #730 HACO-Swiss Cuisine Santé White Roux
 Extra Virgin Olive Oil

Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 8 oz (257g) Servings 6 Calories 245 Fat Cal. 139	Total Fat 15g	25%	Total Carb. 21g
	Sat. Fat 7g	35%	Fiber 4g	15%
	Trans fats 0g		Sugars 2g	
	Cholest. 33mg	10%	Protein 10g	
	Sodium 323mg	15%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 8%	Vitamin C 15%	Calcium 4%	Iron 10%