



Michael Romano's Secret-Ingredient Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup carrots peeled finely chopped
- ☐ 2 tablespoons cornmeal (polenta)
- ☐ 8 ounces fennel bulb sweet italian hot (or)
- ☐ 1 teaspoon garlic finely chopped
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.8 cup leek thinly sliced
- ☐ 2 tablespoons olive oil

- ☐ 0.8 cup onion finely chopped
- ☐ 6 servings parmesan grated for serving
- ☐ 0.3 teaspoon pepper red
- ☐ 5 cups vegetable stock

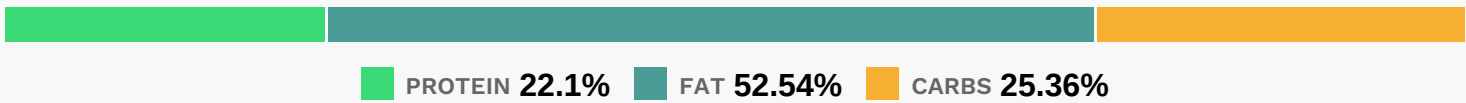
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ wooden spoon

Directions

- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add the onion, carrot, leeks, garlic, salt, black pepper, and Aleppo pepper and cook, stirring, until the onion becomes translucent, 8 to 10 minutes.
- ☐ Add the sausage and cook, breaking it up into small pieces with a wooden spoon, until no longer pink, about 5 minutes.
- ☐ Drain off the excess fat, leaving about 2 tablespoons in the pan. Stir in the cornmeal.
- ☐ Add the stock, stirring, and bring to a boil, then reduce the heat and simmer, covered, for 30 minutes, stirring occasionally.
- ☐ Stir in the greens and cook for 15 minutes more, or until tender.
- ☐ Ladle into bowls and garnish with grated Parmigiano.
- ☐ Reprinted with permission from Family Table: Favorite Staff Meals from Our Restaurants to Your Home by Michael Romano and Karen Stabiner, © 2013 Houghton Mifflin Harcourt

Nutrition Facts



Properties

Glycemic Index:58.89, Glycemic Load:4.97, Inflammation Score:-9, Nutrition Score:12.676087109939%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 215.7kcal (10.78%), Fat: 12.8g (19.69%), Saturated Fat: 5.66g (35.36%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 11.37g (4.13%), Sugar: 5.49g (6.1%), Cholesterol: 20.4mg (6.8%), Sodium: 1880.72mg (81.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.22%), Vitamin A: 3586.1IU (71.72%), Calcium: 392.32mg (39.23%), Vitamin K: 34.72µg (33.06%), Phosphorus: 251.04mg (25.1%), Manganese: 0.22mg (11.18%), Selenium: 7.54µg (10.76%), Vitamin C: 8.45mg (10.24%), Fiber: 2.53g (10.14%), Potassium: 300.15mg (8.58%), Vitamin E: 1.21mg (8.1%), Vitamin B2: 0.13mg (7.9%), Magnesium: 30.63mg (7.66%), Zinc: 1.1mg (7.34%), Vitamin B6: 0.14mg (7.25%), Folate: 27.45µg (6.86%), Vitamin B12: 0.36µg (6%), Iron: 1.01mg (5.6%), Copper: 0.07mg (3.74%), Vitamin B1: 0.05mg (3.55%), Vitamin B5: 0.33mg (3.32%), Vitamin B3: 0.64mg (3.22%)