

Rustic Spring Vegetable Soup



Ingredients

1/3 cup lemon juice
6 cups frozen artichoke hearts (3- 8oz. packages)
2 onions (6 oz. each)
2 heads fresh fennel (1 ½ lb. untrimmed)
2 pounds fresh peas in pods (see notes)
1 head romaine lettuce (12 oz)
1/4 cup olive oil
5 cups water
Salt and pepper
Freshly grated Romano or Parmesan cheese

Preparation

Peel onions; cut in half lengthwise, then slice lengthwise into ¼ in-thick slivers. Rinse fennel; trim off and discard stalks and root ends (reserve a few leafy sprigs for garnish, if desired). Cut heads lengthwise into about ¼ in-thick matchsticks. Shell peas. Rinse lettuce well and trim off and discard core; cut leaves into 3-in lengths. Cut artichoke hearts in half.

In a 5- to 6-qt pan add olive oil, onions, and fennel and cook on medium-high heat, stirring frequently until onions are limp, 7 to 8 min. Add 5 cups water and artichokes, and bring to a boil over high heat; cover, reduce heat, and simmer, stirring occasionally, until artichokes are tender when pierced, about 6 min.

Add peas; bring mixture to a boil over high heat and cook until peas are tender when pierced, 2 to 3 min. Stir in lettuce and cook until barely wilted, about 30 sec. Add salt and pepper to taste.

Ladle stew into bowls and garnish with reserved fennel sprigs. Sprinkle with cheese to taste.

Nutrition:

Calories: 169

Sodium: 105 mg

Total Fat: 7 g

Saturated Fat: 1 g

Carbohydrates: 23 g

Protein: 6.5 g