



Watercress Soup

Ingredients

4 tablespoons of olive oil
2 large onions, chopped (about 2 cups)
6 medium to large russet or white potatoes cut into 1/4 inch slices
32 ounces (4 cups) of chicken broth
32 ounces (4 cups) of water
5 garlic cloves - medium size
1 tsp of salt
1/2 tsp of white pepper
1 bunch of watercress, washed. Cut about 2 inches off the stems of the watercress. The reason for doing this is that the stems do not blenderize well even after they are cooked.

Preparation

In a medium to large saucepan with lid heat the oil. Add the onions and garlic. Reduce the temperature to medium. After 10 minutes the onions will start to become translucent. At this point add the chopped potatoes, chicken stock, water, salt, pepper, and bring to a boil at high heat. Once boiling starts place the cover on the pan, reduce the heat to medium and cook until the potatoes are soft. This takes about 30 minutes. Add the watercress and allow the watercress to cook for a max of 10 minutes. Turn off heat and let the soup cool. Blenderize the soup in a food processor until it is smooth.

Serve hot and is desired with garnish of cream (about 2 tablespoons) and croutons.

Watercress can be purchased at specialty vegetable markets and most supermarkets.