

**Creamy Artichoke Soup                 
   
4-6 SERVINGS**Nutrition Facts per Serving:  
Calories: 143-215      Protein (g): 6-9.5  
Fat (g): 7-10      Carbohydrate (g): 20-30

**Ingredients:**

2 tbsp Extra Virgin Olive Oil  
2 Leeks, white only, chopped  
2 clove minced garlic  
1 small potato peeled and chopped  
1, 8oz package of fresh, frozen, or canned artichoke hearts  
2 cups chicken or vegetable stock  
½ tsp salt  
¼ tsp black pepper  
2tbsp + 1/3 cup mascarpone cheese (optional)  
2 tbsp chopped chives **Instructions:**

Heat olive oil in a heavy, large pot over medium heat. Add the leeks and the garlic and stir. Add the potatoes and cook for 5 minutes, stirring often. Add the artichokes, stock, salt, and pepper and cook until the vegetables are tender, about 20 minutes.

Using a handheld immersion blender, or in a blender in batches\*, puree the soup. Add the 2 tablespoons mascarpone and blend again to combine. In a small bowl, stir the remaining 1/3 cup mascarpone to soften.

Ladle the soup into serving bowls. Dollop the top of each of the soups with a spoonful of the softened mascarpone cheese and top the cheese with chives.