



## Sorrel Soup

**Sorrel makes a nice addition to this soup or a spring salad.**

Sorrel, with its broad, lemony-tasting leaves, makes a nice addition to a spring salad, mixed in amongst the lettuce and baby spinach leaves that are the centerpiece for many a spring salad. Its tang gives a nice bite that won't get lost under the dressing.

If you don't have any sorrel in your garden, you may be able to find it in a local market. But sorrel isn't just for salads—it also makes a very satisfying soup.

~ Lynda King, HF Contributor

**Ingredients** 3 T. butter 1 medium onion, chopped 2 cups sorrel leaves, chopped 2 quarts chicken stock 1 cup cream 1/8 tsp. nutmeg salt and pepper to taste sour cream for garnish a roux, or thickener, made of 2 T. flour and 2 T. water

### Preparation

In a medium saucepan, heat butter over medium heat. Add onion and cook until softened, about 4 to 5 minutes. Add sorrel and stir briefly, then reduce heat to low and cook 8 to 10 minutes or until sorrel is well-wilted. Add chicken stock and roux; mix well.

Raise heat to medium-high. Boil gently, stirring constantly, another 8 to 10 minutes or until thickened. Season to taste with salt and pepper. Add cream and heat through, but do not boil. Serve in warmed bowls; garnish with a dollop of sour cream. Good with a crusty bread. Makes 4 servings. Can be frozen.