

Soups

Lesson developed by Sharyl Michael and Sally Wyffels, 2014

Leader/teacher Guide

Materials to assemble:

1. Copy member packets for each participant in your group plus a couple of extra for guests.
2. If possible make color copies of the pictures of the international soups. Depending on the size of the group only one set is needed for sharing.
3. Find extra magazines, cookbooks, and photos of various types of soup to show the group. i.e. Taste of Home, Cooking Light, photos from the internet, etc.
4. Prepare a simple soup, hot or cold, that can be shared with the group. Use containers that will handle the type of soup you made for the group. (Gazpacho recipe, a cold soup, is included in packet).
5. Show various pieces of equipment needed to make a soup (soup can be from scratch).
6. Discuss and display various pieces of storage items for saving soup for later use.

Suggestions:

The month before the lesson is presented before your study group, ask members to bring a favorite soup dish to the next potluck that their families enjoy. Try to bring a variety of types of soup. Also ask the members to bring the recipe for others in sharing. The soups can range from the simple to the hardy. Have a soup swap. See the 2014, September issue of "Taste of Home" for the explanation of hosting a soup swap.

As a leader try to have the text of the lesson on large note cards. Highlight important points. Within the lesson text, separate information for leaders/teachers is underlined and in brackets.

First read through the lesson before making any copies and decide what will be appropriate for you study groups.

Teaching the lesson:

#Handout the members' lesson packet after they have completed "matching the soup" quiz.

Opening the lesson:

(Do you love soup? What is the favorite soup that you make or someone else has made? Allow time for sharing and discussion.)

(Handout the “matching soup” quiz. Read the directions for the quiz. Give the members time to take the quiz. After all have finished, announce the answers, and discuss the bonus question and then handout photos of the soups so they can match the picture to the soup.)
#Hand out the lessons to the members.

Did you know that records of the first types of soups date back to 6,000 BC? And the main ingredient was the hippopotamus? What part of the world was this soup probably from? (Answer: Ancient Egypt) It seems that soup has always been around and for the most part it has. Its origins roughly began concurrently with advances in pottery when ceramic pots and pans were able to hold hot liquids without breaking. During this time people used large pots to boil tough grains, hard root vegetables, beans, and meat where the remaining water (broth) was extracted for use at another point. This created new combinations of tastes and flavors as various vegetables, potatoes, and marrow were muddled together to make a main dish and the extracted liquid (often called stew, gruel or porridge) was served on the side with bread. The bread also served as a spoon that enabled people to soak up their food effectively since modern cutlery was not yet available.

Soups make a delicious, simple meal that can be tailored to any season, and contain almost any flavors. There are even chilled soups and dessert soups.

Soup Classifications

There are 3 basic types of soups that exist: Clear soups, Thick soups, and Puree soups.

Clear Soups

Within the clear soup classifications are different varieties that are considered classics in the culinary world.

Broths: The methods involved in making stocks are virtually identical when making a broth or bouillon. Just like stocks, broths are prepared by simmering flavoring ingredients in a liquid over a long period time. The difference between a broth and stock is that a broth uses meat instead of just bones. The second difference is a finished broth can be served as finished dishes while stocks are used as a base for further cooking.

The best types of meat to use for broths include the meat from the shank, neck or shoulder as these meats produce a superior flavor. Use the leftover turkey carcass, unwanted chicken parts i.e. back and neck, etc. As with stocks, proper temperature control and skimming of undesirable fat is a must to ensure a well-flavored broth. If necessary, filter the liquid from unwanted impurities.

Broth –based soups are used in familiar soups such as vegetable, chicken noodle, or beef barley. Creating a broth based soup is relatively easy. The only limit is your imagination. Once you understand how to produce a good broth, you can add whatever

you like to the soup or keep perfecting the classics. (Ask members for other examples of clear soups)

Thick Soups

Typically thick soups are those that have been thickened by a thickening agent or by reduction. Some thick soups are cream based which give it a unique body.

Thickening soups can be done by a roux, starch from potatoes or rice, reducing cream, or by producing a mother sauce such as a veloute' (white sauce) and using it as a base. The method in which to properly thicken a soup differs from the thickening agent used. Using a roux will create a smooth, even texture and the roux is cooked along with the longer-simmering vegetables until the desired color has been reached and then the stock is slowly added, whisking constantly to avoid lumps until all liquid has been used. As the soup warms, it will thicken. Some classic cream soups; Crème Dubarry—cauliflower, Crème de Celeri—celery, Crème Solferino—tomato and potato, Crème Portugaise—tomato and rice, Crème Palestine—artichoke.

Puree Soups

Puree soups are often very hearty and full of flavor. They are healthy and include an impressive amount of vitamins and other important nutrients. The best explanation of a puree soup is to cook starchy vegetables or legumes or both in a stock or broth, and then pureeing the ingredients. It is always recommended when pureeing the ingredients to use a portion of the liquid and add it slowly to get the desired thickness. Pureed soups generally do not use additional starches to thicken further. The idea is to use the appropriate amount of natural starches in the main ingredients to give you the thickening power. Once the soup is pureed, it can be seasoned to taste and served. (Have the members list some other puree soups that they have eaten)

Other: Bisques and Chowders

The classification of "other" because they use special methods or combinations of methods used for clear and thick soups.

Bisques: The traditional method used to create bisques were originally made from shellfish or game and thickened with rice or other starches along with crushed shells which were later strained out. Today, modern bisques are commonly made from using a combination of cream and puree soup methods without the use of crushed shells, but instead using larger pieces of shell and simmered for a long period of time. A roux is generally the preferred thickening agent as it produces a much smoother end product without the graininess you'd see from potatoes or rice.

Chowders: Chowders are of French origin. They are hearty soups that use chunks for ingredients and garnishes. Chowders almost always contain chunks of potatoes. The only notable exception is this the Manhattan clam chowder. Chowders contain milk or cream and although there may be thin chowders, they are preferably thickened using a roux. (Can the members think of a chowder that doesn't have potatoes?? I.e. corn chowder)

Making your own stock:

(Ask if anyone makes their own stock; vegetable, poultry, beef, or fish? How do they use it for later use?)

There are four main types of stock: vegetable, chicken, meat and fish. While you can usually substitute them for one another with no real affect, it's usually best to stick with the stock that goes with what you are cooking. If you're making a chicken dish, use chicken instead of beef, though vegetable stock may also add a nice layer of flavor to certain recipes. Since stocks are made using leftovers or parts that might otherwise be thrown away, keep plastic bags in the refrigerator/freezer to collect the extras.

The following instructions for vegetable and poultry stocks are used in many soup recipes. (Because of safety concerns use samples of vegetable stock or a cold soup for sharing, unless you are able to keep the poultry stock very cold or hot)

Vegetable Stock: With the exception of cabbages (including broccoli and cauliflower), which can overpower the flavor of vegetable stock, you can use any type of vegetables. The flavor of your stock will vary slightly, depending on the combination used. Tomatoes can be overwhelming to the flavor of stock, so unless you want a strong tomato flavor, keep it to a minimum. You'll have to experiment to decide what you like.

The following are some great vegetables to use in stock; onions, garlic, potatoes, sweet potatoes, squash, carrots, celery, mushrooms, peas, corn, green beans, beets, bell peppers, scallions, green onions, parsley, basil, and other herbs.

A good rule of thumb in making stock is to have one part solid ingredients to one part water. It's also a good idea to throw in a tablespoon or so of whole black peppercorns and a bay leaf or two for added flavor. Cover your ingredients with the water, bring to a boil and let it simmer for about an hour. Cool the mixture and strain it remove any pieces of vegetables or scraps.

Poultry Stock: You can use inexpensive chicken or turkey parts to make stock or use the bones that are leftover when you debone poultry. Can also use leftover cooked chicken or turkey instead of fresh raw to make stock. Use vegetables in the protein stocks for extra richness. Use the same vegetables used in the vegetable stock, just fewer of them.

You'll need about 4 or 5 pounds of poultry parts about half as many pounds of vegetables, six to eight cloves of garlic and about a tablespoon of peppercorn. Cover them with water, bring it to a boil, and then reduce the heat to simmer for about two hours. Periodically skim off the foam as it rises to the top of the pot. When done cooking, strain the broth and refrigerate it for a few hours. Any fat in the broth will congeal at the top and can be easily strained off. The stock is now ready for use or for the freezer.

Tips for Soup Success

- For bland foods, try to add something to liven the flavors. Bland foods include: white rice, chicken, mushrooms, lettuce, zucchini, potatoes. Use lemon juice, cayenne pepper, chili, oregano, garlic, etc. to liven them up.
- Avoid using eggplant, okra, or strong greens such as mustard
- Consider the flavors you plan to mix. Start with the basics of meat, potatoes, grains, onions, herbs and garlic. Be aware of strong flavors ingredients and don't over mix them.
- Taste the soup after first half an hour and then at half hour intervals. Does it need more flavor? Add salt or flavors sparingly. Is it really spicy? Add white rice, bread, or even more water.
- Garnishes can include: toasted nuts or seeds, fresh cut herbs, cheese toast to float on top, dumplings, raw sliced mushrooms, a bit of sour cream or yogurt, grated cheese, and croutons.
- Be ready to try whatever you have on the shelf. Add a can of tomatoes, corn, beans, any other soup, or a package of Asian noodles, rice-a-roni, etc.
- Beans and grains make a soup thicker, less clear.
- Soft vegetables to added only 30 minutes before serving include all greens, chard, sprouts, and kale.
- Often a soup "grows" too large with addition of too many ingredients. You may start with only one potato, one onion, etc. but soon it gets large. Limit your vegetables to 3-4, and one bean or grain or pasta, to keep from making too much.

Useful Equipment for Soup Making

(It would be nice if you have examples of each of the pieces of equipment)

- 4 – 8 quart soup pot with lid. Stock pot or Dutch oven can be used too. Slow cookers good for some recipes.
- Large wooden spoon or other long handle spoon to reach the bottom of the pan.
- Ladle for serving and tasting.
- Chopping knife
- Cutting boards; one for vegetable and one for meats/poultry/fish.
- Measuring cups for liquids/water, grains, pasta, etc.
- Strainer or cheese cloth for clearing soup stocks.
- Standing blender, food processor for purees, or hand held blender.
- Use sturdy bowls or cups for serving. (I like to serve soup bowls on a cover (plate underneath), how do other members serve their soup?)
- Freeze soup in plastic freezer bags—they stack flat in the freezer. Cuff a bag over a bowl, ladle in the soup and seal.

Enjoy making soup and share your knowledge of the cuisine. Create and make a pot of soup for a potluck, sick friends, neighbors or just because. Bon Appetit!!

“Soup is one of those meals that warm your soul. No matter what kind of day you’ve had, a bowl of it makes you feel better”

Christina Hitchcock, 2014

References:

“Soups of all Sorts”, Cooperative Extension Service, University of Kentucky

“Taste of Home” September, 2014 plus several other issues.

“Make a soup” www.wikihow.com/Make-a-soup

“Cooking Light” several issues

<http://Allrecipes.com/howto/basic-soup-stock-vegetarian-beet-and-chicken>

www.simpliebites.net

www.tabuloustoods.com

www.wholefoodsmarket.com/print/recipe/learn-cook-roasted-butter-squash-recipe

<http://theculinarycook.com/for-the-soul-soup-basic>

Match the Soup

Every culture in the world has their own type of soup. Some are thick, some are thin, some are spicy, and some are taken with a dish of bread. Match the name of the soup to its definition.

- A. Ajiaco
- B. Borscht
- C. Bouillabaisse
- D. Callaloo
- E. Erwtensoeep
- F. Faki Soupa
- G. Fanesca
- H. Gazpacho
- I. Goulash
- J. Menudo
- K. Miso Soup
- L. Zurek

_____ 1. The Hungarian spicy dish, made of beef, onions, red peppers, and paprika powder. It draws its name from the Hungarian word for cattle stockman/herdsman.

_____ 2. Traditional to Ecuador, this soup is usually served the week of Easter and typically includes fig leaf gourd, pumpkin, and twelve grains (representing the Disciples of Christ) and salt cod (no red meat during Lent).

_____ 3. From Columbia, with ingredients typically includes chicken, corn, at least two kinds of potatoes, sour cream, capers, avocado, and guasca#.

_____ 4. This thick creamy soup made with okra and crab meat is from Trinidad and Tobago.

_____ 5. Hailing from Spain, this vegetable soup is popular in warmer climates and during the summer. This soup is made with bread, tomato, bell pepper, garlic, olive oil, salt and vinegar.

_____ 6. A thick pea soup eaten in the Netherlands as a winter dish, traditionally served with sliced sausage.

_____ 7. The strong colored vegetable soup comes from Eastern Europe that includes beet roots as its main ingredient.

_____ 8. A soup made from soured rye flour and meat, which is specific to Poland other Northern Slavonic nations such as Slovakia.

_____ 9. This soup originated all the way from the city of Marseille of France, is usually a fish stock containing different kinds of cooked fish and shellfish which usually are complemented with garlic, orange peel, basil, bay leaf, fennel and saffron.

_____ 10. Japan's most famous soup made from fish broth, fermented soy and 'dashi'.

_____ 11. Lentils are its main ingredient, this Greek soup is both healthy and filling. It has since been made popular in the Middle East and the Mediterranean.

_____ 12. A traditional Mexican soup largely made out of tripe and hominy. It is considered by some as a cure for hangovers.

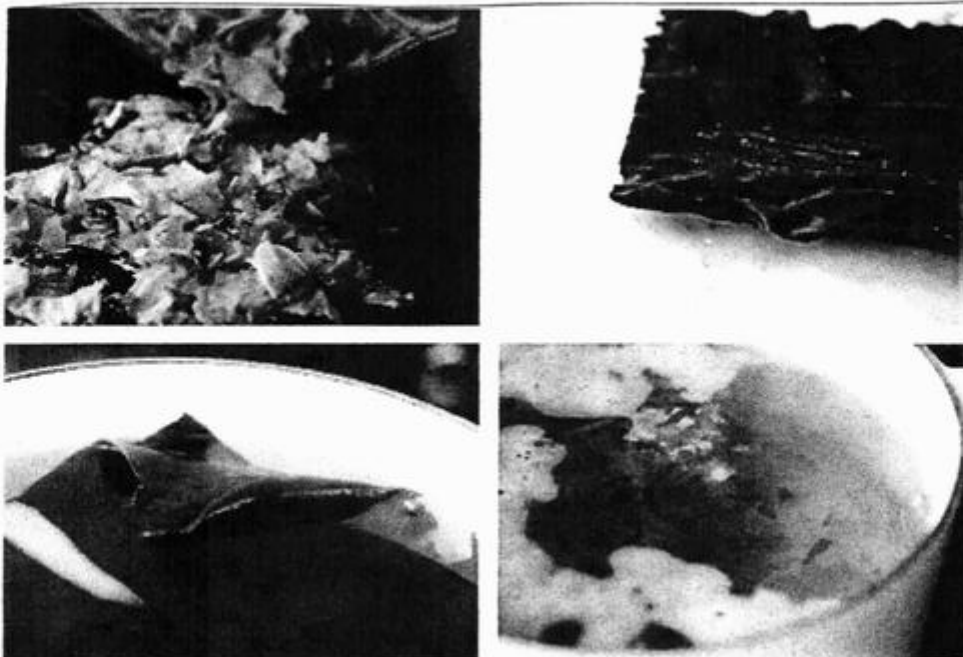
Bonus: Can you explain the two words with a #?

Answer key to soup quiz: 1. Goulash (I), 2. Fanesca (G), 3. Ajiaco (A), 4. Callaloo (D), 5. Gazpacho (H), 6. Erwtensoe (E), 7. Borscht (B), 8. Zurek (L), 9. Bouillabaisse (C), 10. Miso soup (K), 11. Faki Soupa (F), 12. Menudo (J)

Bonus answers: Guasca: Leafy herb from Colombia—spice herb, can be used in salads, too. Considered a weed in most other parts of the world.



Dashi: It is the Japanese word for stock. Japanese dashi is light. It's made by soaking dried edible kelp, cured bonito flakes and sometimes dried shiitake mushrooms in water.





Soups of All Sorts

There's nothing quite as good on a cold winter day as a hot bowl of soup or a cool refreshing soup on a hot summer day. Soup and sandwich, soup and salad, Saturday lunch, Sunday supper, appetizer or main dish...soup can fill the bill. Whether you use garden-fresh, frozen or canned ingredients, soups offer economy and nutrition. Theoretically, a soup can be any combination of vegetables, meat or fish cooked in a liquid. It may be thick, like **gumbo**; thin, such as **consommé**; smooth, like a **bisque**; or chunky like **chowder** or **bouillabaisse**. Though most soups are hot, some like **vichyssoise** and many **fruit-based** soups are served chilled. Soups are often garnished with flavor enhancers such as croutons, grated cheese or sour cream.

A **bisque** is a thick, rich soup usually consisting of pureed seafood and cream. **Stock, broth, bouillon and consommé** are interchangeable. Bouillon is a broth made by cooking vegetables, poultry, meat or fish in water. The liquid that is strained off after cooking is the bouillon, which can form the base for soups and sauces. A concentrated cube of dehydrated beef, chicken or vegetable stock is referred to as bouillon cubes. The granular form is also available. Consommé is usually a clarified meat or fish broth. A stock is clarified by removing the sediment.

Bouillabaisse is a celebrated seafood stew from Provence, made with an assortment of fish and shellfish, onions, tomatoes, white wine, olive oil, garlic, saffron and herbs. The stew is ladled over thick slices of French bread.

Gumbo is a hearty soup-stew made of a variety of meat and seafood, such as chicken, sausage, ham, shrimp and crab, and vegetables like okra, tomatoes and onions. The dish blends the culinary cultures of the French, Spanish, African and Indian.

Chowder is a rich milk or cream-based soup, featuring solid ingredients like vegetables and/or seafood which have been gently simmered to tenderness. New England-style chowder is made with milk or cream and Manhattan-style with

tomatoes. The term chowder is also used to describe any thick, rich soup containing chunks of food, such as corn chowder.

A **stew** is any dish that is prepared by stewing and often applies to dishes that contain meat, vegetables and a thick soup-like broth resulting from a combination of the stewing liquid and the natural juices of the food being stewed.

Vichyssoise is a rich, creamy potato-and-leek soup that's served cold and garnished with chopped chives.

The Classic Cream Soup

Cream-based soups contain milk or cream and are thickened with a mixture of flour and butter or egg yolk. Cream soups must be cooked over low heat, along with frequent stirring to prevent scorching. They freeze and store well, although a brisk stirring is often required after thawing and reheating to regain their creamy texture. Chilled fruit and vegetable soups usually have a cream base.

Start with a Stock

Homemade beef, chicken or vegetable stocks are the base for most soups because of their rich, full-bodied flavor and versatility. Fresh ingredients of vegetables, meat, poultry, herbs and seasonings are favored, but leftovers can be

excellent additions if they have not been stored past their prime. Stocks require slow simmering for a long period of time. But once prepared, stocks freeze well after straining and thorough chilling. If you don't have time to make your own, there are low-sodium canned broths available. Allow about one cup of stock per person.

To cool large containers of soup, cool rapidly in an ice water bath, stirring frequently; or place in small containers no larger than quart-size and refrigerate or freeze immediately. Soups will keep in the refrigerator several days. Cooled broth or stock can be frozen in freezer trays. The cubes can then be stored in airtight containers in the freezer and used to add flavor to soups, gravies or sauces. Ten cubes equals about 1 cup of stock.

Vegetable Stock Yield: 3-4 cups

2 large carrots, coarsely chopped
1 large yellow onion, coarsely chopped
2 stalks celery, coarsely chopped
1 medium-size turnip, coarsely chopped
1 large tomato, cut into 1-inch chunks
1 cup shredded lettuce
6 sprigs parsley
1 clove garlic
1 bay leaf
¾ teaspoon dried thyme
6 cups of water

Combine all ingredients in a large stockpot. Bring to a boil. Simmer the stock, partially covered, 4-6 hours. Strain the stock and allow it to cool. Label and freeze in airtight containers for up to 6 months.

Nutritional Analysis: 73 Calories, 17 g carbohydrate, 1 g fat, 80 mg sodium

Use the vegetable stock in the following recipes or be creative with items you have on hand.

Chunky Vegetable and Pasta Soup

Peel and dice 1 medium tomato and 1 zucchini; chop 2 tablespoons green pepper; and slice 2 mushrooms. Add ¼ cup small shell pasta to 4 cups of boiling vegetable stock and simmer until pasta is partially cooked, about 4 minutes. Add vegetables and continue to simmer until the vegetables are crisp-tender.

Oriental Style Soup

Slice 4 green onions; finely chop 1 small clove garlic; and peel and finely chop ½-inch piece of ginger root. Add the onions, garlic and ginger, and 1 teaspoon soy sauce and 1 teaspoon hot pepper flakes to 4 cups of boiling vegetable stock. Add ½ cup cooked chopped shrimp or one 6½-ounce can of chopped, drained clams. Simmer 2 minutes. Add ¼ cup of cooked, wide egg noodles for a heartier soup.

Sandra Bastin, Ph.D., R.D., L.D., State Food & Nutrition Specialist

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Gazpacho

Recipe courtesy of Ina Garten

Copyright 1999 The Barefoot Contessa Cookbook



Total Time:
20 min
Prep: 20 min

Yield:
4 to 6 servings
Level:
Easy

Gazpacho

Ingredients

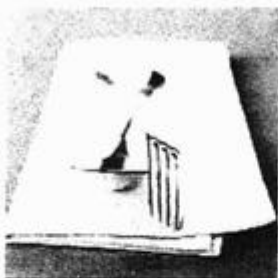
- 1 hothouse cucumber, halved and seeded, but not peeled
- 2 red bell peppers, cored and seeded
- 4 plum tomatoes
- 1 red onion
- 3 garlic cloves, minced
- 23 ounces tomato juice (3 cups)
- 1/4 cup white wine vinegar
- 1/4 cup good olive oil
- 1/2 tablespoon kosher salt
- 1 teaspoons freshly ground black pepper

Directions

Roughly chop the cucumbers, bell peppers, tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not overprocess!

After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt, and pepper. Mix well and chill before serving. The longer gazpacho sits, the more the flavors develop.

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Basic Bean-Soup Mix

Use dried beans in this basic soup recipe that's hearty and will warm you up in the winter.

Cooking Light APRIL 1999

Yield: 6 servings (serving size: 1 1/2 cups)

my
recipes

Ingredients

Dried-bean mix:

- 1 pound dried kidney beans
- 1 pound dried yellow lentils
- 1 pound green split peas
- 1 pound dried black beans
- 1 pound dried black-eyed peas

Spice mix:

- 5 teaspoons salt
- 5 teaspoons dried basil
- 5 teaspoons dried rosemary

5 teaspoons dried marjoram

2 1/2 teaspoons black pepper

1 1/4 teaspoons crushed red pepper

5 bay leaves

Additional soup ingredients for 1 packet dried-bean mix
and 1 packet spice mix:

8 cups water

1 smoked ham hock (about 1/2 pound)

1 cup chopped onion

1 (14.5-ounce) can no-salt-added diced tomatoes,
undrained

Preparation

To prepare dried-bean mix, combine first 5 ingredients in a large bowl. Divide the bean mixture into 5 equal portions (about 2 1/2 cups each), and place in airtight containers.

To prepare spice mix, combine the salt and the next 6 ingredients (salt through bay leaves) in a bowl. Divide spice mix into 5 equal portions. Place in small airtight containers.

To prepare the soup, sort and wash 1 portion dried-bean mix, and place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain.

Combine the drained bean mixture, 8 cups water, and the ham hock in a large Dutch oven; bring to a boil. Add 1 packet spice mix, onion, and tomatoes. Cover, reduce heat, and simmer 2 hours. Uncover, cook 1 hour. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup.

Nutritional Information

Amount per serving

Calories: 288 Calories from fat: 14% Fat: 4.5g Saturated fat: 1.9g Monounsaturated fat: 1.1g

Polyunsaturated fat: 1.1g Protein: 18.4g Carbohydrate: 45.9g Fiber: 7.1g Cholesterol: 4mg Iron: 4.9mg

Sodium: 503mg Calcium: 98mg

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[Home](#) > Classic Butternut Squash Soup

Classic Butternut Squash Soup

Serves 6

This traditional squash soup is a serious crowd pleaser. Put a spin on it by trying one of the flavorful variations suggested.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 4 cups cubed butternut squash, fresh or frozen
- 1/2 teaspoon chopped fresh thyme
- 4 cups low-sodium chicken broth
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

Method:

Heat oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes. Stir in butternut squash, thyme, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes. Use an immersion blender to purée soup. Alternatively, let the soup cool slightly and carefully purée in batches in an upright blender.

Three Twists

Apple, Gorgonzola and Almond Butternut Soup

Stir 1 cup unsweetened applesauce into puréed soup. Garnish each serving with crumbled Gorgonzola cheese, toasted almonds, a few slices of thinly sliced apple and a small sprig of fresh thyme.

Thai-style Butternut Soup

Stir a tablespoon of red curry paste and 2 teaspoons chopped fresh ginger into carrot, celery and onion mixture. Add 1/2 cup coconut milk with broth. Purée soup and garnish each serving with toasted coconut flakes and chopped fresh cilantro.

Southwestern-style Butternut Soup

Add a tablespoon chopped chipotles in adobo sauce to carrot, celery and onion mixture.

Garnish soup with crumbled queso fresco, toasted pumpkin seeds and chopped fresh cilantro.

Nutritional Info:

Per Serving: 140 calories (50 from fat), 6g total fat, 1g saturated fat, 0mg cholesterol, 280mg sodium, 20g carbohydrate (5g dietary fiber, 4g sugar), 6g protein

Green Vegetable Soup WITH LEMON-BASIL PESTO

Covering the pot when bringing the liquid to a simmer gets this soup ready even faster.

- 3/4 cup uncooked orzo
- 4 teaspoons olive oil, divided
- 1 1/2 cups thinly sliced leeks (about 2)
 - 1 cup thinly sliced celery
 - 1 tablespoon minced garlic, divided
- 1/4 teaspoon salt
- 3 1/4 cups unsalted chicken stock
 - 1 cup water
- 3 thyme sprigs
- 1 cup frozen green peas
- 1 cup green beans, cut into 1-inch pieces (about 1/4 pound)
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 2 cups baby spinach leaves, divided
- 1/4 cup basil leaves
- 2 tablespoons grated fresh Parmesan cheese
- 2 teaspoons grated lemon rind
- 1 tablespoon fresh lemon juice

1. Cook pasta according to package directions, omitting salt and fat.
2. While pasta cooks, heat a large Dutch oven over medium heat. Add 2 teaspoons oil; swirl to coat. Add leeks, celery, 2 teaspoons garlic, and salt; sauté 5 minutes. Add stock, 1 cup water, and thyme. Cover; bring to a boil. Add peas and beans, and simmer, uncovered, 4 minutes. Discard thyme. Stir in pasta and 1 cup spinach.
3. Place 1 cup spinach, basil, cheese, rind, juice, 1 teaspoon garlic, and 2 teaspoons oil in a food processor; process until smooth. Divide soup among 4 bowls; top with pesto.

SERVES 4

CALORIES 189; FAT 5.6g (sat 1.1g, mono 3.5g, poly 0.7g);
PROTEIN 12g; CARB 24.4g; FIBER 6.6g; CHOL 2mg;
IRON 3.2mg; SODIUM 522mg; CALC 136mg

EAT SMART FAST FIX

Veggie Salmon Chowder

This chowder came about as a way to use up odds and ends in my fridge. I was so pleased, and I thought other readers might enjoy a recipe that's become a mainstay for me.

—LIV VORS PETERBOROUGH, ON

START TO FINISH: 30 MIN.

MAKES: 2 SERVINGS

- 1 medium sweet potato, peeled and cut into 1/2-in. cubes
- 1 cup reduced-sodium chicken broth

- 1/2 cup fresh or frozen corn
- 1/2 small onion, chopped
- 2 garlic cloves, minced
- 1 1/2 cups fresh spinach, torn
- 1/2 cup flaked smoked salmon fillet
- 1 tsp. pickled jalapeno slices, chopped
- 1 Tbsp. cornstarch
- 1/2 cup 2% milk
- 1 Tbsp. minced fresh cilantro
- Dash pepper

1. In a large saucepan, combine the first five ingredients; bring to a boil. Reduce heat; simmer, covered,

8-10 minutes or until potato is tender.

2. Stir in spinach, salmon and jalapeno; cook 1-2 minutes or until spinach is wilted. In a small bowl, mix cornstarch and milk until smooth; stir into soup. Bring to a boil; cook and stir 2 to 3 minutes or until soup is thickened. Stir in cilantro and pepper.

PER SERVING 202 cal., 3 g fat (1 g sat. fat), 12 mg chol., 645 mg sodium, 32 g carb., 4 g fiber, 13 g pro. **Diabetic Exchanges:** 2 starch, 1 lean meat, 1 vegetable.

EAT SMART FAST FIX

Après-Ski Soup

Après-ski is French for "after skiing," and this microwave soup is perfect for getting together after hitting the slopes. It's full of healthy veggies.

—NANCY HAMLIN LITTLETON, CO

START TO FINISH: 30 MIN.

MAKES: 6 SERVINGS (1 1/2 QT.)

- 1 Tbsp. butter
- 1 1/4 cups cubed acorn squash
- 1 carrot, thinly sliced

- 1 medium leek (white portion only), thinly sliced
- 3 cans (14 1/2 oz. each) reduced-sodium chicken broth
- 1 small zucchini, halved and sliced
- 1/2 cup uncooked elbow macaroni
- 1 bay leaf
- 1/2 tsp. dried basil
- 1/4 tsp. dried thyme
- 1/4 tsp. salt
- 1/8 tsp. pepper

1. Place butter in a 3-qt. microwave-safe bowl; microwave on high for

15-20 seconds or until melted. Add squash, carrot and leek; stir to coat. Cook, covered, on high for 6 minutes.

2. Stir in remaining ingredients; cook, covered, on high for 12-14 minutes or until vegetables and macaroni are tender, stirring twice. Remove bay leaf.

NOTE This recipe was tested in a 1,100-watt microwave.

PER SERVING 92 cal., 2 g fat (1 g sat. fat), 5 mg chol., 594 mg sodium, 15 g carb., 3 g fiber, 4 g pro. **Diabetic Exchanges:** 1 vegetable, 1/2 starch, 1/2 fat. ■

ROOT VEGETABLE MINISTRONE WITH BACON

Hands-on: 30 min.

Total: 60 min.

For a simple salad, combine 1 tablespoon fresh lemon juice, 2 teaspoons olive oil, ¼ teaspoon kosher salt, and ¼ teaspoon pepper. Add 6 cups chopped romaine, 2 ounces walnuts, and 1 ounce shaved Parmesan. Toss.

- 5 center-cut bacon slices, chopped
- 1⅓ cups chopped peeled butternut squash

- 1 cup chopped onion
- ⅔ cup chopped carrot
- ½ cup chopped parsnip
- ½ cup chopped celery
- 4 teaspoons unsalted tomato paste
- ½ teaspoon dried basil
- ½ teaspoon dried thyme
- 3 garlic cloves, minced
- 2⅔ cups unsalted chicken stock
- ¼ cup uncooked ditalini pasta
- ¾ cup unsalted cannellini beans, rinsed and drained

- ¼ teaspoon kosher salt
 - ¼ teaspoon black pepper
1. Cook bacon in a large Dutch oven over medium heat until crisp. Remove bacon from pan; reserve 1 tablespoon drippings in pan. Increase heat to medium-high. Add butternut squash and next 8 ingredients (through garlic) to drippings in pan; sauté 8 minutes, stirring occasionally. Add chicken stock, scraping pan to loosen browned bits.

Bring to a boil; cover, reduce heat, and simmer for 15 minutes. Stir in uncooked pasta; cook 10 minutes. Stir in cannellini beans, salt, and pepper; cook 2 minutes or until vegetables and pasta are tender. Divide soup evenly among 4 bowls; top evenly with bacon.

SERVES 4 (serving size: 1½ cups)
CALORIES 202; **FAT** 3.3g (sat 1.4g, mono 0.1g, poly 0.1g); **PROTEIN** 11.5g; **CARB** 33.7g; **FIBER** 6.4g; **CHOL** 9mg; **IRON** 2.4mg; **SODIUM** 426mg; **CALC** 97mg

COOKING LIGHT MARCH 2014

EAT SMART FAST FIX

Bean Soup with Sausage

My daughter fixed this soup while I was visiting. When I told her how much I loved it, she laughed and told me it was my own recipe. I copied it and have been making it ever since.

—GAIL WILKERSON HOUSE SPRINGS, MO

START TO FINISH: 30 MIN.

MAKES: 10 SERVINGS (2½ QT.)

- 8 oz. bulk lean turkey breakfast sausage
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 2 cans (16 oz. each) kidney beans, rinsed and drained
- 1 medium potato, peeled and cubed
- 4 cups water
- 1 bay leaf
- ½ tsp. each garlic salt, seasoned salt and pepper
- ½ tsp. dried thyme
- 1 can (28 oz.) diced tomatoes, undrained

1. In a large saucepan, cook sausage, onion and green pepper over medium heat 4–6 minutes or until vegetables are tender and sausage is no longer pink, breaking up sausage into crumbles; drain.

2. Stir in beans, potato, water and seasonings; bring to a boil. Reduce heat; simmer, uncovered 10–15 minutes or until potato is tender. Stir in tomatoes and heat through. Remove bay leaf.

PER SERVING 160 cal., 2 g fat (1 g sat. fat), 24 mg chol., 645 mg sodium, 23 g carb., 6 g fiber, 13 g pro. **Diabetic Exchanges:** 1 starch, 1 lean meat, 1 vegetable.

EAT SMART FAST FIX

Chicken and Black Bean Soup

My husband loves this spicy soup. It doesn't take long to make but tastes as if it simmered all day, and is a great way to use up the last tortilla chips in a bag.

—LINDA LASHLEY REDGRANITE, WI

START TO FINISH: 30 MIN.

MAKES: 6 SERVINGS (2 QT.)

- ½ lb. boneless skinless chicken breasts, cut into 1-in. cubes
- 2 cans (14½ oz. each) reduced-sodium chicken broth, divided
- 2 cups frozen corn
- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (10 oz.) diced tomatoes and green chilies, undrained
- 1 jalapeno pepper, seeded and chopped
- 2 Tbsp. minced fresh cilantro
- 3 tsp. chili powder

- ½ tsp. ground cumin

- 1 Tbsp. cornstarch

- 18 tortilla chips

Shredded reduced-fat Mexican cheese blend, optional

1. Place a large nonstick saucepan coated with cooking spray over medium heat. Add chicken; cook and stir 4–6 minutes or until no longer pink. Reserve 2 Tbsp. broth; add remaining broth to pan. Stir in corn, beans, tomatoes, jalapeno, cilantro, chili powder and cumin. Bring to a boil. Reduce heat; simmer, uncovered, 15 minutes.

2. Mix cornstarch and reserved broth until smooth; gradually stir into soup. Bring to a boil; cook and stir 2 minutes or until thickened. Top servings with crushed chips and, if desired, cheese.

PER SERVING 194 cal., 2 g fat (trace sat. fat), 24 mg chol., 752 mg sodium, 29 g carb., 5 g fiber, 17 g pro. **Diabetic Exchanges:** 2 starch, 2 lean meat.

Soups

Lesson developed by Sharyl Michael and Sally Wyffels, 2014

Member handout

Did you know that records of the first types of soups date back to 6,000 BC? And the main ingredient was the hippopotamus? What part of the world was this soup probably from? It seems that soup has always been around and for the most part it has. Its origins roughly began concurrently with advances in pottery when ceramic pots and pans were able to hold hot liquids without breaking. During this time people used large pots to boil tough grains, hard root vegetables, beans, and meat where the remaining water (broth) was extracted for use at another point. This created new combinations of tastes and flavors as various vegetables, potatoes, and marrow were muddled together to make a main dish and the extracted liquid (often called stew, gruel or porridge) was served on the side with bread. The bread also served as a spoon that enabled people to soak up their food effectively since modern cutlery was not yet available.

Soups make a delicious, simple meal that can be tailored to any season, and contain almost any flavors. There are even chilled soups and dessert soups.

Soup Classifications

There are 3 basic types of soups that exist: Clear soups, Thick soups, and Puree soups.

Clear Soups

Within the clear soup classifications are different varieties that are considered classics in the culinary world.

Broths: The methods involved in making stocks are virtually identical when making a broth or bouillon. Just like stocks, broths are prepared by simmering flavoring ingredients in a liquid over a long period time. The difference between a broth and stock is that a broth uses meat instead of just bones. The second difference is a finished broth can be served as finished dishes while stocks are used as a base for further cooking.

The best types of meat to use for broths include the meat from the shank, neck or shoulder as these meats produce a superior flavor. Use the leftover turkey carcass, unwanted chicken parts i.e. back and neck, etc. As with stocks, proper temperature control and skimming of undesirable fat is a must to ensure a well-flavored broth. If necessary, filter the liquid from unwanted impurities.

Broth –based soups are used in familiar soups such as vegetable, chicken noodle, or beef barley. Creating a broth based soup is relatively easy. The only limit is your

imagination. Once you understand how to produce a good broth, you can add whatever you like to the soup or keep perfecting the classics.

Thick Soups

Typically thick soups are those that have been thickened by a thickening agent or by reduction. Some thick soups are cream based which give it a unique body.

Thickening soups can be done by a roux, starch from potatoes or rice, reducing cream, or by producing a mother sauce such as a velouté (white sauce) and using it as a base. The method in which to properly thicken a soup differs from the thickening agent used. Using a roux will create a smooth, even texture and the roux is cooked along with the longer-simmering vegetables until the desired color has been reached and then the stock is slowly added, whisking constantly to avoid lumps until all liquid has been used. As the soup warms, it will thicken. Some classic cream soups; Crème Dubarry—cauliflower, Crème de Celeri—celery, Crème Solferino—tomato and potato, Crème Portugaise—tomato and rice, Crème Palestine—artichoke.

Puree Soups

Puree soups are often very hearty and full of flavor. They are healthy and include an impressive amount of vitamins and other important nutrients. The best explanation of a puree soup is to cook starchy vegetables or legumes or both in a stock or broth, and then pureeing the ingredients. It is always recommended when pureeing the ingredients to use a portion of the liquid and add it slowly to get the desired thickness. Pureed soups generally do not use additional starches to thicken further. The idea is to use the appropriate amount of natural starches in the main ingredients to give you the thickening power. Once the soup is pureed, it can be seasoned to taste and served.

Other: Bisques and Chowders

The classification of “other” because they use special methods or combinations of methods used for clear and thick soups.

Bisques: The traditional method used to create bisques were originally made from shellfish or game and thickened with rice or other starches along with crushed shells which were later strained out. Today, modern bisques are commonly made from using a combination of cream and puree soup methods without the use of crushed shells, but instead using larger pieces of shell and simmered for a long period of time. A roux is generally the preferred thickening agent as it produces a much smoother end product without the graininess you’d see from potatoes or rice.

Chowders: Chowders are of French origin. They are hearty soups that use chunks for ingredients and garnishes. Chowders almost always contain chunks

of potatoes. The only notable exception is this the Manhattan clam chowder. Chowders contain milk or cream and although there may be thin chowders, they are preferably thickened using a roux.

Making your own stock:

There are four main types of stock: vegetable, chicken, meat and fish. While you can usually substitute them for one another with no real affect, it's usually best to stick with the stock that goes with what you are cooking. If you're making a chicken dish, use chicken instead of beef, though vegetable stock may also add a nice layer of flavor to certain recipes. Since stocks are made using leftovers or parts that might otherwise be thrown away, keep plastic bags in the refrigerator/freezer to collect the extras.

The following instructions for vegetable and poultry stocks are used in many soup recipes.

Vegetable Stock: With the exception of cabbages (including broccoli and cauliflower), which can overpower the flavor of vegetable stock, you can use any type of vegetables. The flavor of your stock will vary slightly, depending on the combination used. Tomatoes can be overwhelming to the flavor of stock, so unless you want a strong tomato flavor, keep it to a minimum. You'll have to experiment to decide what you like.

The following are some great vegetables to use in stock; onions, garlic, potatoes, sweet potatoes, squash, carrots, celery, mushrooms, peas, corn, green beans, beets, bell peppers, scallions, green onions, parsley, basil, and other herbs.

A good rule of thumb in making stock is to have one part solid ingredients to one part water. It's also a good idea to throw in a tablespoon or so of whole black peppercorns and a bay leaf or two for added flavor. Cover your ingredients with the water, bring to a boil and let it simmer for about an hour. Cool the mixture and strain it remove any pieces of vegetables or scraps.

Poultry Stock: You can use inexpensive chicken or turkey parts to make stock or use the bones that are leftover when you debone poultry. Can also use leftover cooked chicken or turkey instead of fresh raw to make stock. Use vegetables in the protein stocks for extra richness. Use the same vegetables used in the vegetable stock, just fewer of them.

You'll need about 4 or 5 pounds of poultry parts about half as many pounds of vegetables, six to eight cloves of garlic and about a tablespoon of peppercorn. Cover them with water, bring it to a boil, and then reduce the heat to simmer for about two hours. Periodically skim off the foam as it rises to the top of the pot. When done cooking, strain the broth and refrigerate it for a few hours. Any fat in the broth will congeal at the top and can be easily strained off. The stock is now ready for use or for the freezer.

Tips for Soup Success

- For bland foods, try to add something to liven the flavors. Bland foods include: white rice, chicken, mushrooms, lettuce, zucchini, potatoes. Use lemon juice, cayenne pepper, chili, oregano, garlic, etc. to liven them up.
- Avoid using eggplant, okra, or strong greens such as mustard
- Consider the flavors you plan to mix. Start with the basics of meat, potatoes, grains, onions, herbs and garlic. Be aware of strong flavors ingredients and don't over mix them.
- Taste the soup after first half an hour and then at half hour intervals. Does it need more flavor? Add salt or flavors sparingly. Is it really spicy? Add white rice, bread, or even more water.
- Garnishes can include: toasted nuts or seeds, fresh cut herbs, cheese toast to float on top, dumplings, raw sliced mushrooms, a bit of sour cream or yogurt, grated cheese, and croutons.
- Be ready to try whatever you have on the shelf. Add a can of tomatoes, corn, beans, any other soup, or a package of Asian noodles, rice-a-roni, etc.
- Beans and grains make a soup thicker, less clear.
- Soft vegetables to added only 30 minutes before serving include all greens, chard, sprouts, and kale.
- Often a soup "grows" too large with addition of too many ingredients. You may start with only one potato, one onion, etc. but soon it gets large. Limit your vegetables to 3-4, and one bean or grain or pasta, to keep from making too much.

Useful Equipment for Soup Making

- 4 – 8 quart soup pot with lid. Stock pot or Dutch oven can be used too. Slow cookers good for some recipes.
- Large wooden spoon or other long handle spoon to reach the bottom of the pan.
- Ladle for serving and tasting.
- Chopping knife
- Cutting boards; one for vegetable and one for meats/poultry/fish
- Measuring cups for liquids/water, grains, pasta, etc.
- Strainer or cheese cloth for clearing soup stocks.
- Standing blender, food processor for purees, or hand held blender.
- Use sturdy bowls or cups for serving. (I like to serve soup bowls on a cover (plate underneath), how do other members serve their soup?)
- Freeze soup in plastic freezer bags—they stack flat in the freezer. Cut a bag over a bowl, ladle in the soup and seal.

Enjoy making soup and share your knowledge of the cuisine. Create and make a pot of soup for a potluck, sick friends, neighbors or just because. Bon Appetit!!

“Soup is one of those meals that warm your soul. No matter what kind of day you’ve had, a bowl of it makes you feel better”

Christina Hitchcock, 2014

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Soups of All Sorts

There's nothing quite as good on a cold winter day as a hot bowl of soup or a cool refreshing soup on a hot summer day. Soup and sandwich, soup and salad, Saturday lunch, Sunday supper, appetizer or main dish...soup can fill the bill. Whether you use garden-fresh, frozen or canned ingredients, soups offer economy and nutrition. Theoretically, a soup can be any combination of vegetables, meat or fish cooked in a liquid. It may be thick, like **gumbo**; thin, such as **consommé**; smooth, like a **bisque**; or chunky like **chowder** or **bouillabaisse**. Though most soups are hot, some like **vichyssoise** and many **fruit-based** soups are served chilled. Soups are often garnished with flavor enhancers such as croutons, grated cheese or sour cream.

A **bisque** is a thick, rich soup usually consisting of pureed seafood and cream. **Stock, broth, bouillon and consommé** are interchangeable. Bouillon is a broth made by cooking vegetables, poultry, meat or fish in water. The liquid that is strained off after cooking is the bouillon, which can form the base for soups and sauces. A concentrated cube of dehydrated beef, chicken or vegetable stock is referred to as bouillon cubes. The granular form is also available. Consommé is usually a clarified meat or fish broth. A stock is clarified by removing the sediment.

Bouillabaisse is a celebrated seafood stew from Provence, made with an assortment of fish and shellfish, onions, tomatoes, white wine, olive oil, garlic, saffron and herbs. The stew is ladled over thick slices of French bread.

Gumbo is a hearty soup-stew made of a variety of meat and seafood, such as chicken, sausage, ham, shrimp and crab, and vegetables like okra, tomatoes and onions. The dish blends the culinary cultures of the French, Spanish, African and Indian.

Chowder is a rich milk or cream-based soup, featuring solid ingredients like vegetables and/or seafood which have been gently simmered to tenderness. New England-style chowder is made with milk or cream and Manhattan-style with

tomatoes. The term chowder is also used to describe any thick, rich soup containing chunks of food, such as corn chowder.

A **stew** is any dish that is prepared by stewing and often applies to dishes that contain meat, vegetables and a thick soup-like broth resulting from a combination of the stewing liquid and the natural juices of the food being stewed.

Vichyssoise is a rich, creamy potato-and-leek soup that's served cold and garnished with chopped chives.

The Classic Cream Soup

Cream-based soups contain milk or cream and are thickened with a mixture of flour and butter or egg yolk. Cream soups must be cooked over low heat, along with frequent stirring to prevent scorching. They freeze and store well, although a brisk stirring is often required after thawing and reheating to regain their creamy texture. Chilled fruit and vegetable soups usually have a cream base.

Start with a Stock

Homemade beef, chicken or vegetable stocks are the base for most soups because of their rich, full-bodied flavor and versatility. Fresh ingredients of vegetables, meat, poultry, herbs and seasonings are favored, but leftovers can be

excellent additions if they have not been stored past their prime. Stocks require slow simmering for a long period of time. But once prepared, stocks freeze well after straining and thorough chilling. If you don't have time to make your own, there are low-sodium canned broths available. Allow about one cup of stock per person.

To cool large containers of soup, cool rapidly in an ice water bath, stirring frequently; or place in small containers no larger than quart-size and refrigerate or freeze immediately. Soups will keep in the refrigerator several days. Cooled broth or stock can be frozen in freezer trays. The cubes can then be stored in airtight containers in the freezer and used to add flavor to soups, gravies or sauces. Ten cubes equals about 1 cup of stock.

Vegetable Stock Yield: 3-4 cups

2 large carrots, coarsely chopped
1 large yellow onion, coarsely chopped
2 stalks celery, coarsely chopped
1 medium-size turnip, coarsely chopped
1 large tomato, cut into 1-inch chunks
1 cup shredded lettuce
6 sprigs parsley
1 clove garlic
1 bay leaf
¾ teaspoon dried thyme
6 cups of water

Combine all ingredients in a large stockpot. Bring to a boil. Simmer the stock, partially covered, 4-6 hours. Strain the stock and allow it to cool. Label and freeze in airtight containers for up to 6 months.

Nutritional Analysis: 73 Calories, 17 g carbohydrate, 1 g fat, 80 mg sodium

Use the vegetable stock in the following recipes or be creative with items you have on hand.

Chunky Vegetable and Pasta Soup

Peel and dice 1 medium tomato and 1 zucchini; chop 2 tablespoons green pepper; and slice 2 mushrooms. Add ¼ cup small shell pasta to 4 cups of boiling vegetable stock and simmer until pasta is partially cooked, about 4 minutes. Add vegetables and continue to simmer until the vegetables are crisp-tender.

Oriental Style Soup

Slice 4 green onions; finely chop 1 small clove garlic; and peel and finely chop ½-inch piece of ginger root. Add the onions, garlic and ginger, and 1 teaspoon soy sauce and 1 teaspoon hot pepper flakes to 4 cups of boiling vegetable stock. Add ½ cup cooked chopped shrimp or one 6½-ounce can of chopped, drained clams. Simmer 2 minutes. Add ¼ cup of cooked, wide egg noodles for a heartier soup.

Sandra Bastin, Ph.D., R.D., L.D., State Food & Nutrition Specialist

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Gazpacho

Recipe courtesy of Ina Garten

Copyright 1999 The Barefoot Contessa Cookbook



Total Time:
20 min
Prep: 20 min

Yield:
4 to 6 servings
Level:
Easy

Gazpacho

Ingredients

- 1 hothouse cucumber, halved and seeded, but not peeled
- 2 red bell peppers, cored and seeded
- 4 plum tomatoes
- 1 red onion
- 3 garlic cloves, minced
- 23 ounces tomato juice (3 cups)
- 1/4 cup white wine vinegar
- 1/4 cup good olive oil
- 1/2 tablespoon kosher salt
- 1 teaspoons freshly ground black pepper

Directions

Roughly chop the cucumbers, bell peppers, tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not overprocess!

After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt, and pepper. Mix well and chill before serving. The longer gazpacho sits, the more the flavors develop.

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Basic Bean-Soup Mix

Use dried beans in this basic soup recipe that's hearty and will warm you up in the winter.

Cooking Light APRIL 1999

Yield: 6 servings (serving size: 1 1/2 cups)

my
recipes

Ingredients

Dried-bean mix:

- 1 pound dried kidney beans
- 1 pound dried yellow lentils
- 1 pound green split peas
- 1 pound dried black beans
- 1 pound dried black-eyed peas

Spice mix:

- 5 teaspoons salt
- 5 teaspoons dried basil
- 5 teaspoons dried rosemary

5 teaspoons dried marjoram

2 1/2 teaspoons black pepper

1 1/4 teaspoons crushed red pepper

5 bay leaves

Additional soup ingredients for 1 packet dried-bean mix and 1 packet spice mix:

8 cups water

1 smoked ham hock (about 1/2 pound)

1 cup chopped onion

1 (14.5-ounce) can no-salt-added diced tomatoes, undrained

Preparation

To prepare dried-bean mix, combine first 5 ingredients in a large bowl. Divide the bean mixture into 5 equal portions (about 2 1/2 cups each), and place in airtight containers.

To prepare spice mix, combine the salt and the next 6 ingredients (salt through bay leaves) in a bowl. Divide spice mix into 5 equal portions. Place in small airtight containers.

To prepare the soup, sort and wash 1 portion dried-bean mix, and place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain.

Combine the drained bean mixture, 8 cups water, and the ham hock in a large Dutch oven; bring to a boil. Add 1 packet spice mix, onion, and tomatoes. Cover, reduce heat, and simmer 2 hours. Uncover, cook 1 hour. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup.

Nutritional Information

Amount per serving

Calories: 288 Calories from fat: 14% Fat: 4.5g Saturated fat: 1.9g Monounsaturated fat: 1.1g

Polyunsaturated fat: 1.1g Protein: 18.4g Carbohydrate: 45.9g Fiber: 7.1g Cholesterol: 4mg Iron: 4.9mg

Sodium: 503mg Calcium: 98mg

Search for Recipes by Nutrition Data



[Home](#) > Classic Butternut Squash Soup

Classic Butternut Squash Soup

Serves 6

This traditional squash soup is a serious crowd pleaser. Put a spin on it by trying one of the flavorful variations suggested.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 4 cups cubed butternut squash, fresh or frozen
- 1/2 teaspoon chopped fresh thyme
- 4 cups low-sodium chicken broth
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

Method:

Heat oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes. Stir in butternut squash, thyme, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes. Use an immersion blender to purée soup. Alternatively, let the soup cool slightly and carefully purée in batches in an upright blender.

Three Twists

Apple, Gorgonzola and Almond Butternut Soup

Stir 1 cup unsweetened applesauce into puréed soup. Garnish each serving with crumbled Gorgonzola cheese, toasted almonds, a few slices of thinly sliced apple and a small sprig of fresh thyme.

Thai-style Butternut Soup

Stir a tablespoon of red curry paste and 2 teaspoons chopped fresh ginger into carrot, celery and onion mixture. Add 1/2 cup coconut milk with broth. Purée soup and garnish each serving with toasted coconut flakes and chopped fresh cilantro.

Southwestern-style Butternut Soup

Add a tablespoon chopped chipotles in adobo sauce to carrot, celery and onion mixture. Garnish soup with crumbled queso fresco, toasted pumpkin seeds and chopped fresh cilantro.

Nutritional Info:

Per Serving: 140 calories (50 from fat), 6g total fat, 1g saturated fat, 0mg cholesterol, 280mg sodium, 20g carbohydrate (5g dietary fiber, 4g sugar), 6g protein

Green Vegetable Soup WITH LEMON-BASIL PESTO

Covering the pot when bringing the liquid to a simmer gets this soup ready even faster.

- $\frac{3}{4}$ cup uncooked orzo
- 4 teaspoons olive oil, divided
- $1\frac{1}{2}$ cups thinly sliced leeks (about 2)
 - 1 cup thinly sliced celery
 - 1 tablespoon minced garlic, divided
- $\frac{1}{4}$ teaspoon salt
- $3\frac{1}{4}$ cups unsalted chicken stock
 - 1 cup water
- 3 thyme sprigs
- 1 cup frozen green peas
- 1 cup green beans, cut into 1-inch pieces (about $\frac{1}{4}$ pound)
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 2 cups baby spinach leaves, divided
- $\frac{1}{4}$ cup basil leaves
- 2 tablespoons grated fresh Parmesan cheese
- 2 teaspoons grated lemon rind
- 1 tablespoon fresh lemon juice

1. Cook pasta according to package directions, omitting salt and fat.
2. While pasta cooks, heat a large Dutch oven over medium heat. Add 2 teaspoons oil; swirl to coat. Add leeks, celery, 2 teaspoons garlic, and salt; sauté 5 minutes. Add stock, 1 cup water, and thyme. Cover; bring to a boil. Add peas and beans, and simmer, uncovered, 4 minutes. Discard thyme. Stir in pasta and 1 cup spinach.
3. Place 1 cup spinach, basil, cheese, rind, juice, 1 teaspoon garlic, and 2 teaspoons oil in a food processor; process until smooth. Divide soup among 4 bowls; top with pesto.

SERVES 4

CALORIES 189; **FAT** 5.6g (sat 1.1g, mono 3.5g, poly 0.7g); **PROTEIN** 12g; **CARB** 24.4g; **FIBER** 6.6g; **CHOL** 2mg; **IRON** 3.2mg; **SODIUM** 522mg; **CALC** 136mg

EAT SMART FAST FIX

Veggie Salmon Chowder

This chowder came about as a way to use up odds and ends in my fridge. I was so pleased, and I thought other readers might enjoy a recipe that's become a mainstay for me.

—LIV VORS PETERBOROUGH, ON

START TO FINISH: 30 MIN.

MAKES: 2 SERVINGS

- 1 medium sweet potato, peeled and cut into $\frac{1}{2}$ -in. cubes
- 1 cup reduced-sodium chicken broth

- $\frac{1}{2}$ cup fresh or frozen corn
- $\frac{1}{2}$ small onion, chopped
- 2 garlic cloves, minced
- $1\frac{1}{2}$ cups fresh spinach, torn
- $\frac{1}{2}$ cup flaked smoked salmon fillet
- 1 tsp. pickled jalapeno slices, chopped
- 1 Tbsp. cornstarch
- $\frac{1}{2}$ cup 2% milk
- 1 Tbsp. minced fresh cilantro
- Dash pepper

1. In a large saucepan, combine the first five ingredients; bring to a boil. Reduce heat; simmer, covered,

8-10 minutes or until potato is tender.

2. Stir in spinach, salmon and jalapeno; cook 1-2 minutes or until spinach is wilted. In a small bowl, mix cornstarch and milk until smooth; stir into soup. Bring to a boil; cook and stir 2 to 3 minutes or until soup is thickened. Stir in cilantro and pepper.

PER SERVING 202 cal., 3 g fat (1 g sat. fat), 12 mg chol., 645 mg sodium, 32 g carb., 4 g fiber, 13 g pro. **Diabetic Exchanges:** 2 starch, 1 lean meat, 1 vegetable.

EAT SMART FAST FIX

Après-Ski Soup

Après-ski is French for "after skiing," and this microwave soup is perfect for getting together after hitting the slopes. It's full of healthy veggies.

—NANCY HAMLIN LITTLETON, CO

START TO FINISH: 30 MIN.

MAKES: 6 SERVINGS ($1\frac{1}{2}$ QT.)

- 1 Tbsp. butter
- $1\frac{1}{4}$ cups cubed acorn squash
- 1 carrot, thinly sliced

- 1 medium leek (white portion only), thinly sliced
- 3 cans ($14\frac{1}{2}$ oz. each) reduced-sodium chicken broth
- 1 small zucchini, halved and sliced
- $\frac{1}{2}$ cup uncooked elbow macaroni
- 1 bay leaf
- $\frac{1}{2}$ tsp. dried basil
- $\frac{1}{4}$ tsp. dried thyme
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper

1. Place butter in a 3-qt. microwave-safe bowl; microwave on high for

15-20 seconds or until melted. Add squash, carrot and leek; stir to coat. Cook, covered, on high for 6 minutes.

2. Stir in remaining ingredients; cook, covered, on high for 12-14 minutes or until vegetables and macaroni are tender, stirring twice. Remove bay leaf.

NOTE This recipe was tested in a 1,100-watt microwave.

PER SERVING 92 cal., 2 g fat (1 g sat. fat), 5 mg chol., 594 mg sodium, 15 g carb., 3 g fiber, 4 g pro. **Diabetic Exchanges:** 1 vegetable, $\frac{1}{2}$ starch, $\frac{1}{2}$ fat. ■

ROOT VEGETABLE MINISTRONE WITH BACON

Hands-on: 30 min.

Total: 60 min.

For a simple salad, combine 1 tablespoon fresh lemon juice, 2 teaspoons olive oil, $\frac{1}{4}$ teaspoon kosher salt, and $\frac{1}{4}$ teaspoon pepper. Add 6 cups chopped romaine, 2 ounces walnuts, and 1 ounce shaved Parmesan. Toss.

- 5 center-cut bacon slices, chopped
- $\frac{1}{3}$ cups chopped peeled butternut squash

- 1 cup chopped onion
- $\frac{2}{3}$ cup chopped carrot
- $\frac{1}{2}$ cup chopped parsnip
- $\frac{1}{2}$ cup chopped celery
- 4 teaspoons unsalted tomato paste
- $\frac{1}{2}$ teaspoon dried basil
- $\frac{1}{2}$ teaspoon dried thyme
- 3 garlic cloves, minced
- $2\frac{2}{3}$ cups unsalted chicken stock
- $\frac{1}{4}$ cup uncooked ditalini pasta
- $\frac{3}{4}$ cup unsalted cannellini beans, rinsed and drained

- $\frac{1}{4}$ teaspoon kosher salt
 - $\frac{1}{4}$ teaspoon black pepper
1. Cook bacon in a large Dutch oven over medium heat until crisp. Remove bacon from pan; reserve 1 tablespoon drippings in pan. Increase heat to medium-high. Add butternut squash and next 8 ingredients (through garlic) to drippings in pan; sauté 8 minutes, stirring occasionally. Add chicken stock, scraping pan to loosen browned bits.

Bring to a boil; cover, reduce heat, and simmer for 15 minutes. Stir in uncooked pasta; cook 10 minutes. Stir in cannellini beans, salt, and pepper; cook 2 minutes or until vegetables and pasta are tender. Divide soup evenly among 4 bowls; top evenly with bacon.

SERVES 4 (serving size: $1\frac{1}{2}$ cups)
CALORIES 202; FAT 3.3g (sat 1.4g, mono 0.1g, poly 0.1g); **PROTEIN 11.5g; CARB 33.7g; FIBER 6.4g; CHOL 9mg; IRON 2.4mg; SODIUM 426mg; CALC 97mg**

COOKING LIGHT MARCH 2014

EAT SMART FAST FIX

Bean Soup with Sausage

My daughter fixed this soup while I was visiting. When I told her how much I loved it, she laughed and told me it was my own recipe. I copied it and have been making it ever since.

—GAIL WILKERSON HOUSE SPRINGS, MO

START TO FINISH: 30 MIN.

MAKES: 10 SERVINGS (2½ QT.)

- 8 oz. bulk lean turkey breakfast sausage
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 2 cans (16 oz. each) kidney beans, rinsed and drained
- 1 medium potato, peeled and cubed
- 4 cups water
- 1 bay leaf
- $\frac{1}{2}$ tsp. each garlic salt, seasoned salt and pepper
- $\frac{1}{2}$ tsp. dried thyme
- 1 can (28 oz.) diced tomatoes, undrained

1. In a large saucepan, cook sausage, onion and green pepper over medium heat 4–6 minutes or until vegetables are tender and sausage is no longer pink, breaking up sausage into crumbles; drain.

2. Stir in beans, potato, water and seasonings; bring to a boil. Reduce heat; simmer, uncovered 10–15 minutes or until potato is tender. Stir in tomatoes and heat through. Remove bay leaf.

PER SERVING 160 cal., 2 g fat (1 g sat. fat), 24 mg chol., 645 mg sodium, 23 g carb., 6 g fiber, 13 g pro. **Diabetic Exchanges:** 1 starch, 1 lean meat, 1 vegetable.

EAT SMART FAST FIX

Chicken and Black Bean Soup

My husband loves this spicy soup. It doesn't take long to make but tastes as if it simmered all day, and is a great way to use up the last tortilla chips in a bag.

—LINDA LASHLEY REDGRANITE, WI

START TO FINISH: 30 MIN.

MAKES: 6 SERVINGS (2 QT.)

- $\frac{1}{2}$ lb. boneless skinless chicken breasts, cut into 1-in. cubes
- 2 cans (14½ oz. each) reduced-sodium chicken broth, divided
- 2 cups frozen corn
- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (10 oz.) diced tomatoes and green chilies, undrained
- 1 jalapeno pepper, seeded and chopped
- 2 Tbsp. minced fresh cilantro
- 3 tsp. chili powder

- $\frac{1}{2}$ tsp. ground cumin

- 1 Tbsp. cornstarch

- 18 tortilla chips

Shredded reduced-fat Mexican cheese blend, optional

1. Place a large nonstick saucepan coated with cooking spray over medium heat. Add chicken; cook and stir 4–6 minutes or until no longer pink. Reserve 2 Tbsp. broth; add remaining broth to pan. Stir in corn, beans, tomatoes, jalapeno, cilantro, chili powder and cumin. Bring to a boil. Reduce heat; simmer, uncovered, 15 minutes.

2. Mix cornstarch and reserved broth until smooth; gradually stir into soup. Bring to a boil; cook and stir 2 minutes or until thickened. Top servings with crushed chips and, if desired, cheese.

PER SERVING 194 cal., 2 g fat (trace sat. fat), 24 mg chol., 752 mg sodium, 29 g carb., 5 g fiber, 17 g pro. **Diabetic Exchanges:** 2 starch, 2 lean meat.