



Heart-Warming Soups

Warm your heart this winter with these quick and easy soup recipes from the Nutrition Council's cookbook, *More Nutritious, Still Delicious*.

Thirty-Minute Minestrone

This soup is one of my favorite ways to eat my vegetables. If you don't have kale you can substitute spinach or zucchini. Keep some in the freezer for a ready-to-eat meal or super snack. Lots of vitamins, minerals, antioxidants and fiber for less than 150 calories!

6 cups water	$\frac{3}{4}$ teaspoon dried basil, crushed
2 cups baby peeled carrots, halved	$\frac{1}{2}$ teaspoon dried oregano, crushed
15-oz. can Great Northern beans, drained & rinsed	1 teaspoon minced garlic
14-oz. can tomatoes, diced, no salt added	$\frac{1}{4}$ teaspoon black pepper
1 cup chopped onion (fresh or frozen)	$\frac{1}{2}$ cup small pasta, uncooked
1 tablespoon vegetable bouillon*	$\frac{1}{4}$ cup grated Parmesan cheese
3 cups packed kale, washed & sliced	
9-oz. packaged frozen Italian green beans	

1. In a large saucepan, combine water, carrots, beans, tomatoes, onion, garlic, basil oregano and pepper. Bring to a boil over high heat.
2. Add vegetable bouillon* (We recommend *Better than Bouillon*)
3. Add kale, green beans and pasta. Return to a boil and reduce heat. Cover, simmer for 10 minutes or until pasta is tender.
4. To serve, spoon into bowls and sprinkle with Parmesan cheese.

Makes 8 servings. *Per serving: 138 calories, 1 gm fat, 6 gm protein, 26 gm carbohydrates, 5 gm fiber, 0 mg cholesterol, 2.6 mg iron, 153 mg calcium, 441 mg sodium, 8442 IU vitamin A*

Lentil Chili Cincinnati Style

This high fiber, high protein soup uses some of the same spices as Cincinnati chili. Lentils are a versatile legume that can be used in soups, salads and casseroles.

1 tablespoon olive oil	1 cup lentils, washed
2 stalks celery, chopped	4 cups chicken or vegetable broth
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{2}$ cup grated carrots
$\frac{1}{4}$ teaspoon ground cloves	1 can (14.5 ounces) diced tomatoes
$1\frac{1}{2}$ cup chopped onion	2 cloves garlic, finely chopped
$\frac{1}{2}$ - 1 teaspoon ground cumin	Salt and pepper to taste

1. In a large saucepan, heat oil for 1 to 2 minutes. Add onions and celery; sauté until onions are tender, about 5 minutes.
2. Reduce heat and add garlic, cinnamon, cumin and cloves. Cook for 1 minute.
3. Add broth, lentils, carrots and black pepper; bring to a boil. Reduce heat, cover and simmer for 40 to 50 minutes or until lentils are soft.
4. Add tomatoes with juice; cook another 10 minutes until soup is hot throughout. Adjust seasoning to taste..

Makes 6 servings. *Per serving: 204 calories, 3 gm fat, 12 gm protein, 35 gm carbohydrate, 8 gm fiber, 0 mg cholesterol, 3.3 mg iron, 35 mg calcium, 427 mg sodium.*

More Heart-Warming Soups



Golden Potato Soup

This creamy soup provides half your day's calcium.

1 can (14.5 oz) reduced sodium chicken broth	1 cup peeled and diced potatoes
½ cup finely chopped carrots	¼ cup finely chopped onions
¼ cup finely chopped celery	2½ teaspoons cornstarch
1 can (12 oz.) evaporated skimmed milk	½ tsp basil
1 cup (4 oz.) shredded 2% sharp cheddar cheese	¼ tsp garlic powder

1. Combine broth and vegetables in a medium saucepan. Bring to a boil, then reduce heat.
2. Add seasonings. Cover and simmer about 10 minutes or until vegetables are tender.
3. Using the back of a fork, slightly mash the potatoes against the side of the pan.
4. In a small bowl, stir together 1/4 cup of the milk and cornstarch until smooth. Then stir cornstarch mixtures into the broth mixture.
5. Add the remaining milk. Cook and stir until thick and bubbly.
6. To serve, spoon 1/4 cup cheese in each bowl, add hot soup and stir until cheese is melted. Serve immediately.

Makes 4 servings. Per serving: 233 calories, 6 gm fat, 19 gm protein, 28 gm carbohydrate, 2 gm fiber, 20 mg cholesterol, 1 mg iron, 550 mg calcium, 269 mg sodium.

Black Bean Chili

4 cans black beans, drained and rinsed	3 jalapeno peppers, seeded and minced
2 tablespoons olive oil	2 cans mild green chiles, chopped
2 large onions, chopped	2-28 ounce cans tomatoes, petite diced
4 cloves garlic, minced	2 teaspoons oregano
1 tablespoon cumin	½ teaspoon cayenne
1 tablespoon paprika	
2 teaspoons chili powder	½ cup chopped cilantro

1. Heat oil in large soup pot. Add onions and garlic and sauté for 5 minutes. Add the cumin, paprika, and chili powder. Continue to cook, stirring for 5 more minutes.
2. Add the peppers and cook 2-3 minutes. Stir in the chopped tomatoes, oregano, and cayenne.
3. Bring to a boil and cook, uncovered, for 20 minutes. Add the beans and cook for another 15 minutes. Stir in the cilantro.
4. Serve with optional garnishes.

Optional garnishes: 1 cup chopped green onions, 2 cups cheddar cheese
1 cup sour cream or nonfat yogurt

Makes 12 servings. Per serving: 191 calories, 9g protein, 30g carbohydrate, 10g fiber, 4g fat, 0 mg cholesterol, 88 mg calcium, 3 mg iron, 569 mg sodium.