

WARM Wintry SOUPS

They're Good for the Body!

As winter sets in, soups become a popular entrée to provide warming relief. All it takes is a pot and a few simple ingredients and any home chef can quickly prepare a meal with a wealth of nutritional benefits. Enjoy these delicious soup recipes for warm, healthy meals during the winter season.



Carrot-Ginger Soup

From Whole Foods

www.wholefoods.com

Serves 4

Ingredients

- 4 cups low-sodium vegetable broth, divided
- 1 yellow onion, chopped
- 3 cloves garlic, finely chopped
- 2 teaspoons freshly grated ginger
- 1 pound carrots, coarsely chopped
- 1 medium Yukon gold potato, peeled and cut into 1-inch chunks
- 1 teaspoon lemon juice
- 1 tablespoon chopped fresh chives

Preparation

Heat 1/2 cup broth to a simmer in a medium saucepan over medium-high heat. Add onion and garlic and cook until tender (about 6 minutes) stirring occasionally. Stir in ginger, carrots,

potato and remaining broth and heat to a boil. Reduce to a simmer and cook 25 minutes or until vegetables are tender. In batches, carefully puree in a blender. Stir in lemon juice and garnish with chives.

Nutritional Information

(per serving):

Calories—130
Total Fat—0g
Saturated Fat—0g
Cholesterol—0mg
Sodium—220mg
Total Carbohydrate—28g
Dietary Fiber—5g
Protein—3g
Sugar—9g



Italian Lentil Soup

From Nutrition World

www.nutritionw.com

Serves 6

Ingredients:

- 1 Spanish onion, chopped
- 1 large clove garlic, chopped
- 3 stalks celery, sliced
- 2 medium carrots, thinly sliced
- 2 tablespoons olive oil
- 1 cup dried lentils, rinsed
- 4 cups water or vegetable stock
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1 15 oz. can chopped tomatoes
- salt and pepper to taste

Preparation

In a soup pot, sauté onion, celery, garlic and carrots in oil until onion is soft, about 5 minutes. Add remaining ingredients (except salt and pepper) and bring to a boil. Reduce heat to low, cover and simmer for 30 to 40 minutes, or until lentils are soft. Remove bay leaf. Season to taste with salt and pepper. Puree half and serve.

Nutritional Information (per serving):

Calories—186
Total Fat—5g
Saturated Fat—1g
Sodium—40mg
Total Carbohydrate—27g
Dietary Fiber—6g
Protein—9g

Quinoa Vegetable Stew

From Nutrition World

www.nutritionw.com

Serves 4

Ingredients:

- 3/4 cup quinoa
- 1 1/2 cups water
- 1 cup fresh or frozen corn kernels
- 1 cup chopped onion
- 3 garlic cloves, minced or pressed
- 1 tablespoon olive oil
- 1 cup chopped zucchini or yellow squash
- 5 cups fresh or 3 cups undrained canned tomatoes (28 oz. can)

- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped fresh basil
- Salt and pepper to taste
- garnish with a few cilantro or basil sprigs

Preparation

Thoroughly rinse the quinoa in a fine mesh strainer under cool running water and set aside to drain. Combine the quinoa and water in a saucepan, cover and simmer for 15 minutes until tender and fluffy. When the quinoa has cooked for about 10 minutes, stir in the corn, cover and continue to cook. Meanwhile, in a nonstick skillet, sauté the onions and garlic in the oil for 5 minutes, or until the onions begin to soften. Add zuc-

chini or yellow squash and sauté for 5 more minutes. Stir in the tomatoes, cilantro, and basil, then cover and simmer for 10 minutes, until the vegetables are tender. Add salt and pepper to taste. Fluff quinoa mixture, spoon into individual serving plates, ladle on the vegetable topping and top with cilantro and basil.

Nutritional Information (per serving):

Calories—200
Total Fat—3g
Saturated Fat—0g
Sodium—32mg
Total Carbohydrate—47g
Dietary Fiber—7g
Protein—8g

Chicken and Wild Rice with Mushrooms

From Whole Foods
www.wholefoods.com
Serves 6

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 8 oz. package sliced mushrooms
- 1 cup chopped onion
- 6 cups low-sodium chicken broth
- 1 pound boneless skinless chicken breasts or thighs, cut into (1-inch) cubes
- 3/4 cup long grain wild rice or wild rice blend
- 2 tablespoons chopped garlic
- 1 bay leaf
- 1/4 cup chopped parsley
- salt and pepper to taste

Preparation

Heat oil in a large pot over medium-high heat. Add mushrooms and onions and cook, stirring occasionally until softened (6 to 7 minutes). Add broth, chicken, rice, garlic and bay leaf. Cover and bring to a simmer. Reduce heat to medium-low and simmer until rice and chicken are cooked through and tender (about 45 minutes). Remove and discard bay leaf, then stir in parsley, salt and pepper and serve.

Nutritional Information (per serving):

Calories—220
Total Fat—6g
Saturated Fat—1g
Cholesterol—45mg
Sodium—380mg
Total Carbohydrate—23g total
Dietary Fiber—2g
Sugar—3g
Protein—21g

Winter Vegetable Soup

From Whole Foods
www.wholefoods.com
Serves 6

Ingredients


- 1 ounce (about 1 cup) dried porcini mushrooms or other dried wild mushrooms
- 3/4 cup unsalted cashews
- 6 cups low-sodium vegetable broth, divided
- 3 rutabagas, peeled and finely chopped
- 1 onion, finely chopped
- 1 red bell pepper, seeded and finely chopped
- zest and juice of 1 lemon, divided
- 3 tablespoons chopped fresh chives

Preparation

Put mushrooms in a bowl, cover with 1/2 cup boiling water and set aside to let soak 10 minutes. Meanwhile, in a blender, combine cashews and 2 cups broth and blend until very smooth (about 1 minute). Pour cashew mixture into a large saucepan and add rutabagas, onion and remaining 4 cups broth. Remove mushrooms from the bowl with a slotted spoon, cut into bite-size pieces and add to the saucepan; carefully pour in the liquid the mushrooms soaked in, being sure to leave behind any grit that has settled in the bottom of the bowl. Bring the soup to a boil over high heat, lower heat and simmer uncovered until rutabagas are tender (15 to 20 minutes). Add bell pepper and lemon juice and simmer 3 minutes longer. Serve garnished with chives and lemon zest.

Nutritional Information (per serving):

Calories—290	Sodium—190mg
Fat—9g	Total Carbohydrate—39g
Saturated Fat—1.5g	Dietary Fiber—11g
Cholesterol—0mg	Protein—13 g
	Sugar—15 g

With these simple and healthy recipes, your family is sure to come back for seconds. But don't forget to be creative—soups are a great opportunity to experiment with multiple ingredients in various combinations. By tailoring ingredients to your family's tastes, this warm wintry entrée can be a welcome meal during the winter season. 



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