

Since winter is trying to hang on despite teasing us with a few warm, spring-like days, I thought I would send out a few tasty soup recipes. Soup can become a complete meal when served with a green salad (add a variety of veggies!) and a hearty, whole grain bread. The major benefit to making your own versus using canned is the lower sodium content (and of course, the fresher and better taste!)

Quick Chicken Soup

Sometimes chicken soup is referred to as “Jewish Penicillin”. If you are nursing a cold or respiratory bug, this may be just the remedy for you! It goes beyond the basic chicken soup adding corn and broccoli (or substitute kale) for added fiber which reduces the risk of colon cancer.

4 cups boiling water
2 reduced sodium chicken bouillon cubes, crumbled (or mix regular bouillon at half-strength)
1 red bell pepper, seeded and cut into thin strips
3/4 cup frozen corn
8 ounces boneless, skinless chicken breast, cut into 1/2 inch strips
2 cups fresh broccoli, cut into small florets (or sub chopped kale)
2 Tbsp. dry sherry
3 Tbsp. snipped fresh chives or 3 tsp. dried chives
3 Tbsp. chopped fresh tarragon or 3 tsp. dried tarragon
Salt and pepper to taste

Pour water into a large saucepan. Add bouillon and stir over high heat until broth boils. Add red bell pepper strips and corn. Bring back to a boil and add chicken and immediately reduce heat to low. Cover and simmer gently for 5 minutes. Uncover pan and return to boil. Add broccoli florets (or kale) and do not stir but allow to cook on surface of soup, uncovered, until tender, about 3 to 4 minutes. Remove the pan from heat. Stir in sherry, chives, tarragon, salt and pepper. Serve immediately.

Makes 4 servings. Per serving= 125 calories, 1 g fat, 0 g sat fat, 32 mg cholesterol, 52 mg sodium, 3 g fiber, 15 g protein. Excellent source of niacin, vitamin A, vitamin B6, vitamin C. Good source of folate, phosphorus and potassium.

White Bean and Pasta Soup

For a taste of Italy in just minutes, this one offers the benefits of plant protein, fiber and added nutrients from the vegetables. Prep time is 5 minutes and cooking time is 10 minutes.

15-ounce can Great Northern Beans, rinsed and drained
3 cups low-sodium chicken broth
1 cup no-salt-added canned diced tomatoes, drained
1/2 cup spinach, rinsed and thinly sliced (optional)
1 tsp. oregano, crumbled
1/2 cup miniature pasta (shells or other)
4 tsp. shredded or grated Parmesan cheese

In large saucepan, combine beans, broth, tomatoes and oregano. Bring to a boil over medium heat. Stir in pasta. Cook, partially covered, for 7 minutes or until pasta is just cooked through. Stir in spinach and cook until it wilts. Ladle into soup bowls and top each bowl with 1 tsp. of cheese.

Makes 4 servings (1 cup each) Per serving= 177 calories, 11 g protein, 2 mg cholesterol, 2 g fat, 7 g fiber, 124 mg sodium

New England Clam Chowder

This one is done in the microwave making it super quick!

2 small potatoes
2 carrots, sliced
1 tbsp. olive oil
1 small onion, chopped
3 tbsp. flour
1 (6 and 1/2 ounce) can minced clams, drain and reserve liquid
1 can (12 ounces) evaporated skim milk
1/2 c. skim milk
1/4 tsp. salt
1/8 tsp. liquid smoke (optional)
1/4 tsp. dried leaf thyme
fresh ground pepper to taste

Wash and pierce potatoes. Partially bake on HIGH in microwave for 4 to 5 minutes or until slightly soft. Let stand to cool. Place oil, carrots and onion in microwave safe casserole. Microwave uncovered on HIGH 2 minutes or until soft. Stir in flour, clam liquid and milk. Peel and dice potatoes and add with salt, liquid smoke, thyme and pepper. Microwave covered on HIGH 3 minutes. Add clams and microwave on MEDIUM (50% power) for 5 minutes or until potatoes are soft and soup thickens slightly.

Makes 4 servings. Per serving=240 calories, 4.7 g fat, 33 mg cholesterol, 265 mg sodium

Until next week, eat healthy and enjoy!

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