

Take Comfort in Soup -- Camerota's Cupboard -- January, 2010

What a cold winter we've had so far. This is the perfect season for hearty soups. They seem to brighten our spirits during the cold, dark days of January. Here are 3 offerings. The first is from AICR (American Institute for Cancer Research). The second is from the Nutrition Council of Greater Cincinnati. The third is one I created from ingredients I found in my pantry, refrigerator, and freezer. Enjoy and stay warm!

Three Bean Soup

This warm and hearty soup is ideal for melting away a blustery winter day. Though it only takes about 20 minutes to make, the truly busy can fix it in the morning and reheat it at the end of a long day. Quick, easy, delicious and healthy, this dish will bring the whole family to the table.

- * 2 Tbsp. canola oil
- * 1 medium onion, diced
- * 1 medium green pepper, diced
- * 2 garlic cloves, minced
- * 1 Tbsp. ground cumin
- * 1/2 -1 tsp. ground chipotle chile
- * 4 cups fat-free, reduced-sodium chicken broth
- * 1 (14.5-oz.) can diced tomatoes
- * 1 (15-oz.) can black beans, rinsed and drained
- * 1 (15-oz.) can white beans, rinsed and drained
- * 1 (15-oz.) can red beans, rinsed and drained
- * 1 cup lightly packed cilantro leaves, chopped and divided
- * 1 Tbsp. dried oregano
- * Salt and freshly ground black pepper, to taste

- * 30 baked yellow corn chips (whole grain preferably)
- * 1 lime, cut into 6 wedges

In large Dutch oven, heat oil over medium-high heat. Sauté onions and green pepper, 3 minutes. Stir in garlic and cook until vegetables are tender-crisp, 2 minutes. Stir in cumin and chipotle and cook 1 minute, stirring.

Add broth, canned tomatoes with their liquid, beans, 1/2 cup of cilantro and dried oregano. Bring liquid to boil, reduce heat to medium, and simmer, uncovered, 10 minutes. Let soup cool at least 30 minutes to increase flavor, then reheat before serving. Or, refrigerate soup up to 4 days.

To serve, reheat soup and season to taste with salt and pepper. Crumble 5 corn chips each into bottom of 8 bowls. Ladle soup over chips. Garnish each bowl with remaining chopped cilantro and lime wedge. Serve immediately.

Makes 8 servings.

Nutrition information per serving: 230 calories; 7 gm total fat (0 gm saturated fat); 32 gm carbohydrate; 10 gm protein; 8 gm dietary fiber; 480 mg sodium.

15 Minute Chili

This soup is from *More Nutritious Still Delicious* compiled by the staff of the Nutrition Council of Greater Cincinnati. They advise: “Replacing some of the ground meat with beans in this recipe helps to lower the fat content while adding fiber and protein. Current dietary guidelines recommend that people eat at least 3 cups of beans a week. Store leftover chili in the freezer or use to make burritos, taco salad or chili-stuffed potatoes.”

1 pound lean ground turkey
1 cup chopped onion, fresh or frozen
2 cans (15 ounces each) stewed tomatoes
1 tablespoon chili powder
1 tablespoon ground cumin
½ cup salsa
1 can (15 ounces) pinto beans, drained and rinsed
1 can (15 ounces) kidney beans, drained and rinsed
¾ cup reduced fat shredded cheddar cheese – optional garnish
(about 2 tablespoons cheese per serving)

1. In a large pot, brown ground turkey with chopped onion.
2. Add tomatoes; stir to combine. Using a large spoon, break tomatoes into small pieces.
3. Add seasoning and salsa to turkey mixture. Simmer for about 5 minutes.

Serve over pasta, brown rice, baked potato or with oyster crackers. Garnish with reduced fat shredded cheddar cheese if desired. Add a green salad as a side dish to complete the meal.

Makes 10 servings (1 cup per serving)

Nutrition information per serving (1 cup): 179 calories; 14 gm protein; 21 gm carbohydrate; 5 gm dietary fiber; 4 gm fat; 1 gm saturated fat; 36 mg cholesterol; 456 mg sodium

Pea & Ginger Soup

One evening during the holidays I raided the fridge, freezer, and pantry searching for ingredients to make a simple soup, not too caloric and quick and easy. Here is the result, just the thing for lunch or dinner on a cold January day. Recently I've been using ginger in many dishes. Long believed to have medicinal properties, it may soothe upset stomachs and increase energy. You probably

have most of these items on hand yourself. If not, feel free to improvise using favorite vegetables and seasonings you have on hand. It will taste even better the next day when the flavors have deepened.

- 2 tablespoons olive oil
- 1 tablespoon curry powder
- 1 clove of garlic, sliced thin
- 1 onion, coarsely chopped
- 1 carrot, cut into chunks
- 1 stalk of celery, cut into pieces
- 1 potato, cut into chunks, skin left on,
- 1 zucchini, cut into chunks
- 2 tablespoons fresh ginger, cut into pieces
- 2 cans fat-free, low sodium chicken broth
- 2 cups frozen peas
- ¼ teaspoon salt
- A few grinds of black peppercorns

Heat oil; add curry powder and garlic. Cook for a couple of minutes. Add all vegetables except peas and sauté briefly to coat with oil. Add chicken broth and bring to boil. Cover; lower to medium and add peas and salt and pepper. Cook until vegetables are soft enough to puree in blender. Remove from heat and cool slightly. Puree in batches if necessary. Return to pot to reheat. Adjust seasonings and add liquid if necessary.

Serves 6.