



# HEARTY SOUPS

Warm up with healthy hearty soups

## Gingered Sweet Potato & Carrot

- 1 Tbsp olive oil
- 1 medium onion, chopped
- 1 c low-sodium chicken (or vegetable stock)
- 1 medium sweet potato, peeled and diced
- 5 large carrots, peeled and sliced
- 1 Tbsp ginger, chopped
- Plain nonfat Greek-style yogurt (optional)

1. Heat oil in large saucepan. Add onion and cook until soft, about 2 to 3 minutes. Add stock plus 2 cups water, then add sweet potato, carrot, and ginger. Bring to a boil, reduce heat, and simmer until vegetables are tender, about 15 minutes.

2. Strain out vegetables and put them in a food processor or blender. Puree until smooth, adding a bit of broth if needed. (If you're using a standard blender, allow the mixture to cool first; hot liquid may cause the blender to squirt out contents. Depending on the size of your blender, you may have to do this in batches.)

3. Pour vegetable puree back into the saucepan and stir until well blended and smooth. Add salt and pepper to taste. Serve with a dollop of yogurt on top, if desired.

**Makes 4 servings. Per serving: 119 cal, 4.3 g fat (0.7 g sat), 18 g carbs, 112 mg sodium, 4 g fiber, 4 g protein**

## Spinach Soup

- 1 medium onion, chopped
- 4 cloves garlic, minced
- 2 tsp. dried Italian seasoning, crushed
- 2 Tbsp. butter
- 2 Tbsp. dry sherry (optional)
- 2 14-oz. cans home made chicken stock
- 1 large starchy potato, peeled and chopped
- 2 9-oz. pkgs. frozen spinach thawed and drained
- 2 oz. Parmesan cheese, shaved
- 2 small tomatoes, quartered, seeded and thinly sliced

## Spinach Soup(cont.)

### Directions

1. In 4-quart Dutch oven cook onion, garlic, and Italian seasoning in hot butter over medium heat 5 minutes or until onion is tender, stirring occasionally.
2. Remove Dutch oven from heat; slowly add sherry. Return to heat; cook and stir 1 minute. Add broth and potato. Bring to boiling. Simmer, covered, 10 minutes or until potato is tender. Remove from heat.
3. Set aside 2 cups of the spinach. Stir remaining spinach, half at a time, into soup just until wilted. Cook about 5 minutes.
4. Transfer soup, half at a time, to food processor or blender; cover and process or blend until smooth. Return to Dutch oven; heat through. Season with salt.
5. To serve, top with reserved spinach, Parmesan, and tomatoes. Makes 6 side-dish servings.

**Makes 4 servings. Per serving: 151 cal, 7.7 g fat (4.2 g sat), 13.9 g carbs, 490 mg sodium, 8.6 g protein**

## Turkey & Black Bean Chili

- 1 tablespoon canola oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 green bell pepper, diced
- 1 pound lean ground turkey
- 1 can low-sodium black beans, drained & rinsed
- 1 14 1/2 cans diced tomatoes with green chiles
- 1 14 1/2 can tomato sauce
- 1 cup frozen corn
- 1 tablespoon chili powder
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon oregano
- 1 ounce semisweet chocolate, chopped

### DIRECTIONS

1. In a soup pot, heat the canola oil over medium-high heat. Add the onion, garlic and bell pepper; cook, stirring occasionally, about 3 minutes or until slightly softened.
2. Add the turkey and saute 5 minutes or until no longer pink, crumbling the meat with a spoon as it cooks. Add the beans, tomatoes, tomato sauce, corn, chili powder, cocoa powder and oregano. Bring to a boil. Reduce heat, stir in the chocolate and simmer 15 minutes. Ladle into bowls and serve.

**Makes 4 servings. Per serving: 259 cal, 12.9 g fat (3.3 g sat), 15.1 g carbs, 145 mg sodium, 23.9 g protein**

## Autumn Harvest Soup

- 1 tablespoon olive oil
- 1 1/2 cups chopped onion
- 1/2 teaspoon basil
- 1/2 teaspoon thyme
- 4 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 14 1/2 ounce cans diced tomatoes
- 4 cups low-sodium vegetable broth
- 112 ounce large sweet potato, peeled and diced
- 2 small white potatoes, peeled and diced
- 4 cups water
- 3 1/2 cups chopped or torn kale (about 8 ounces)
- 1/2 pound green beans, cut into 1-inch pieces
- 2 15 ounce cans white beans, drained and rinsed
- 2 ounces grated or shaved Parmesan

### DIRECTIONS

1. In a large soup pot, heat the olive oil over medium-high heat. Add the onion, basil, thyme, garlic, carrots and celery. Cook, stirring occasionally, about 7 minutes or until vegetables are soft.
2. Add the tomatoes, vegetable broth and sweet and white potatoes and the 4 cups of water; bring to a boil. Reduce heat and simmer 15 minutes. Stir in the kale, green beans and white beans and simmer another 15 minutes.
3. Serve topped with the Parmesan.

**Makes 4 servings. Per serving: 268 cal, 4.2 g fat (0.6 g sat), 59.2 g carbs, 296 mg sodium, 13.6 g protein**

