



Week Five Participant Manual:
Souper Soups!
Soups for Many Occasions



Week 5 Contents

- The Secrets of a Healthy Kitchen
- Web-link Resources:
 - Making a Stock
 - Make 15 Different Cream Based Soups
- Recipes
 - Greek Lemon Soup
 - Turkey Noodle Soup
 - Butternut Squash Soup
 - Quinoa Corn Chowder
 - Black Bean Soup
 - African Peanut Stew
 - Crackers

JOURNALING

- Reflect upon how soup is a part and has been a part of your life. Write about a memory of eating a bowl of soup.



Secrets of a Healthy Kitchen Super Soups!

- Using bones from the chicken, turkey, beef, etc. is a very nutritious way to make a broth. The calcium from the bones leeches into the liquid and the broth then becomes a good source of calcium for your body.
- A squirt of lemon is fantastic for cooking. It adds a nice flavor to many dishes and especially works well in soup broths. It does wonders for a sore throat and it also gives a nice boost to the immune system.
- Cinnamon seems to be an underused spice, but the great thing about cinnamon is it can be used in many ways. Think about incorporating it into your winter vegetable dishes and soups that contain sweet potatoes, yams, and winter squashes. It really makes the dish and soup pop!
 - Cinnamon can help with blood sugar control aiding in the prevention and management of diabetes. It also helps prevent the unwanted clotting of blood platelets helping to prevent heart attack and stroke.
- Beans are lacking in certain amino acids and those ones are found in grains. So when eating a protein and a grain together—for example black beans and brown rice—you form a complete protein. So consider having a vegetarian chili over rice or throw some quinoa to a black bean soup. And when having lentil soup, consider adding a little bit of bulgur.
 - Research has shown that yes the body does need all the essential amino acids found in protein rich foods, but they do not need to be consumed at the same meal. So if someone is eating a vegetarian or vegan diet and they are eating a variety of protein rich foods throughout the day, they will be eating a diet that consists of all the amino acids that their body needs.
 - So although it is not necessary to eat all your amino acids at one meal, consider these options. The foods naturally complement each other in taste, and at the same time they form a complete protein.
 - Vegetarian chili over rice
 - Add quinoa to a black bean soup
 - Lentil soup over bulgur wheat

[http://www.](http://www.leafygreensandme.com/2011/08/chilled-cucumber-avocado-soup-csd-day-2.html)



Helpful Websites

Article: On How to Make Great Stocks and Broths

- <http://www.leafygreensandme.com/2011/08/chilled-cucumber-avocado-soup-csd-day-2.html>

Fifteen Various Cream of Vegetable Soups:

- http://www.kitchenlink.com/cookbooks/2000/0882669001_3.html





Recipes

Greek Lemon Soup

You'll Need

- 8 cups chicken broth
- ¼ cup to ½ cup rice
- 3 eggs
- Juice from one lemon

Directions

- Bring broth to a boil and then add ¼ to ½ cup rice to boiling broth. Cook on simmer for 25 minutes.
- In a separate bowl beat 3 eggs and mix in the lemon juice.
- When broth is done simmering, slowly add 1 cup of the broth to the beaten eggs and lemon juice mixture and mix. Next add it all back into the pot cook for 4 minutes and then it's ready.

Play with Your Food

- Add more lemon or cut back on it a bit.
- Add some freshly ground pepper at the end.
- Try it with a vegetable broth



Turkey Noodle

You'll Need

- Bones from a roasted turkey
- 7 cups water
- 1 bay leaf
- 2 stalks celery, chopped (separated)
- 1 onion, quartered
- ¼ cup broken noodles, 1/2 inch pieces
- 1 carrot, chopped
- 3 green onions, chopped
- 1/3 cup grated zucchini
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 dash hot sauce
- Salt to taste
- Pepper to taste

Directions

- **Stock**
 - In stockpot or large saucepan, combine bones, water, bay leaf, one of the chopped celery stalks, and onion.
 - Skin and drippings may be included, if desired.
 - Simmer, covered about 4 hours.
 - Strain, reserving stock.
 - Let bones cool, pick out any meat and add to the stock.
- **Soup**
 - In stockpot or saucepan, bring stock to boil; add noodles and simmer for 5 minutes.
 - Add celery, carrot, green onions, zucchini, basil and thyme.
 - Simmer for 10 minutes.
 - Stir in hot pepper sauce, season with salt and pepper to taste.

Play with Your Food

- Use chicken instead of turkey
- Switch up the vegetables



Butternut Squash

You'll Need

- 3 tablespoons olive oil
- 2 onions, chopped
- ½ teaspoon cinnamon
- ½ teaspoon coriander
- 2 ½ pounds butternut squash-seeds and outer skin removed, cubed
- 3-4 cups chicken broth
- 1 cup half-n-half
- 4 pats butter
- Salt and pepper

Directions

- Heat olive oil in a pot and sauté onion.
- Add the spices and squash sauté a bit longer and then add stock.
- Boil then reduce heat to simmer. Simmer covered for 20 minutes or until squash is done.
- Take out the squash pieces and blend in food processor until smooth. Add them back to the pot. Then add half n half, butter, salt and pepper. Adjust spices if needed.

Play with Your Food

- Use whole milk instead of the half-n-half.
- To make this a vegan dish use coconut milk instead of half-n-half, veggie broth instead of chicken broth and olive or coconut oil instead of butter.
- Add a pinch of cinnamon to each bowl is a nice touch for health and food presentation.



Quinoa Corn Chowder

You'll Need

- 1 tablespoon olive oil
- 4 cups vegetable broth
- 1 large yellow onion, chopped
- 14 ounces coconut milk
- 3 garlic cloves, chopped
- 2 bay leaves
- 1 large potato with skin, cubed
- 1/8 to 1/4 teaspoon cayenne
- 3 cups corn kernels (fresh or canned)
- 1/2 teaspoon salt
- 1/2 cup uncooked quinoa
- 1/2 cup red bell pepper, diced
- Pepper to taste

Directions

- In a large pot on low medium, heat the oil. Sauté onion, garlic, red bell pepper, quinoa, potato and corn for approximately 7 minutes.
- Next add stock and the bay leaves and simmer for 30 minutes. Add milk and seasonings and increase heat for a few minutes.
- Remove from heat, adjust seasonings as needed and serve.

Play with Your Food

- Add one chopped chili pepper
- Use 6 shallots chopped, instead of 1 large onion
- Use chicken broth instead of vegetable broth
- Use regular milk instead of coconut milk



Black Bean Soup

You'll Need

- 1 tablespoon olive oil
- 3 cups chopped onions
- 2 teaspoons cumin
- 1 teaspoon of salt
- 1 medium carrot, finely chopped
- 10 cloves garlic, crushed
- 1 medium zucchini, diced
- 5 cups cooked black beans
- 1 ½ cups orange juice
- Black pepper
- Cayenne Pepper
- 8 ounces of Salsa

Directions

- Place oil in large pot. Heat the oil and sauté the onion, cumin, salt, zucchini, carrot, and the garlic over medium heat.
- Sauté until carrot is tender. Add cooked beans. Mix in orange juice, cayenne, black pepper, and salsa. Simmer over low heat for 20 to 25 minutes.

Play with Your Food

- Substitute the zucchini for bell pepper or do a mixture of half and half.
- Try adding a splash of chipotle hot sauce.
- Serve topped with sour cream or grated cheese of choice.
- Add some chopped fresh cilantro.

African Peanut Stew

You'll Need

- 1 onion, chopped
- 1 jalapeno, seeded and finely chopped (optional)
- 3 teaspoons minced fresh ginger
- 1 teaspoon minced fresh garlic
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon crushed red pepper
- 4 medium size sweet potatoes cut into 1 1/2-inch chunks
- 2, 14.5 ounce cans chopped tomatoes
- 1 bunch kale, chopped
- 4 cups vegetable broth
- 1/4 cup natural peanut butter

Directions

- Place 1/3 cup water, onion, jalapenos, ginger and garlic in a large pot. Cook, stirring occasionally for 5 minutes.
- Add cumin, cinnamon, salt, and red pepper. Cook and stir for 1 minute.
- Add sweet potatoes, tomatoes, kale, vegetable broth, and peanut butter.
- Bring to a boil, reduce heat and simmer for approximately 30 minutes, or until potatoes are tender.

Play with Your Food

Top this dish with some spiced, toasted pecans.

You'll Need

- 1/2 cup halved pecans
- 1/4 teaspoon cayenne
- 1/2 Tablespoon butter

Spiced, Toasted Pecans

- To spice up pecans melt 1/2 Tablespoon butter in pan place 1/4 teaspoon of cayenne pepper and pecans in pan. Stir to coat pecans. After coated place on baking sheet and bake for 10 to 15 minutes or just until toasted.
- Top each bowl of soup with some pecans and enjoy.



Crackers

You'll Need

- 2 ½ cups flour
- 3 teaspoons dried herbs/seasonings (ex. dill, coarse cracked pepper, oregano, parmesan, basil, rosemary, sage, cumin, cayenne, garlic salt, and onion powder)
- 1 teaspoon salt
- 4 tablespoons olive oil
- ¾ cup cold water
- Coarse salt for sprinkling on top

Directions

- Preheat oven to 400 F. Mix dry ingredients together in a medium bowl being sure to get everything well blended. Add the oil and half of the water and begin mixing. Add more water as necessary to form a rough dry dough. Turn dough out onto a lightly floured surface and knead just until it comes together into a cohesive ball.
- Divide dough into even quarters. On piece of parchment paper, roll dough as thin as possible until it's nearly the size of a baking sheet.
- Cut the dough into squares (a pizza cutter works nice for this step) or other desired shape and use a fork to prick each square two or three times. Sprinkle with coarse sea salt.
- Bake for 15 minutes, or until golden brown, turning the sheet once half way through.
- While the first batch is baking, roll out another quarter of dough.
- Let baked crackers cool before breaking apart. Store in a airtight container.

Play with Your Food

- Substitute 1 cup all-purpose flour with 1 cup of whole wheat pastry flour. If you choose to make this substitution, make sure to add one additional Tablespoon of water.