

Medwell Kitchen Recipes



Join us each week and cook with us in our Medwell Kitchen through Cooking Demos featured with a live chat option, so that we can help solve problems you may be facing in your kitchen!

Soup

Butternut Squash Soup from France

** Gluten-Free*

This is a perfect recipe to make when butternut squash is in season. The cinnamon and butternut flavors are simply made for each other.

You'll Need

- 5 tablespoons butter
- 1 large onion or 2 small onions sliced
- 1 butternut squash
- 3-4 cups chicken broth
- 1 - 2 cinnamon sticks
- 3/4 cup cream
- Salt and pepper
- 1/2 cup parmesan cheese



Directions

- Heat 2 tablespoons butter in a pot and add onion. Sauté with lid on. Turn occasionally.
- Remove tops and bottoms from squash. Then peel squash, cut in half length wise and remove seeds. Cut into cubes.
- Once onions are browned, add cubed squash. Add chicken stock so that it just barely covers the squash. Add cinnamon stick/s into pot. Put lid onto pot and let cook until a fork can easily slide through the squash.
- Scoop squash and onions into food processor with a spoon strainer so that fluid stays in pot. Puree after all of the onion and squash is added. If it does not move, add a spoonful of fluid to processor. Puree until smooth. Scrape out and add back to pot with soup. Stir the puree into soup.
- Add cream and stir. Add 3 tablespoons of butter into pot. Add pepper and a little bit of salt. Stir. Add parmesan cheese. Stir. Taste and adjust seasonings.

Play with Your Food

- Use half n half instead of cream.
- 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 it's a nice touch for health and food presentation.

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Salad

Spinach Salad with Balsamic Dressing

** Vegetarian, Gluten-Free*

This is a perfect complement to a dinner. It is easy to throw together and only takes a few minutes to make.

For the Salad You'll Need

- Bag of Spinach
- 1 Apricot or Fruit of Choice
- Feta Cheese
- Crushed Walnuts

For the Dressing You'll Need

- 3 tablespoons olive oil
- 1 - 2 tablespoons of balsamic vinegar
- Salt and pepper
- 1/8 teaspoon brown mustard



Directions

- Put desired amount of spinach for salad into a bowl. Approximately one handful. Cut apricot or fruit of choice into slices and add to spinach. Sprinkle feta cheese and walnuts on top.
- In a separate bowl, add olive oil, vinegar, salt, pepper, and mustard. Mix.
- Drizzle a small amount of dressing on top of the salad.

Play with Your Food

- Use strawberries as your fruit.
- Use a different vinegar such as red wine vinegar.
- Add some minced garlic to the dressing.

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Soup

Chicken Tortilla Soup

** Gluten-Free*

You'll Need for the Stock

- 1 roasted chicken
- 4 carrots, chopped (about 2 cups)
- 4 stalks celery, chopped (about 2 cups)
- 1 large onion, chopped (about 2 cups)
- 1 tablespoon salt
- 1/2 tablespoon peppercorn
- 4-5 cloves of garlic, crushed
- Fresh ginger sliced to your liking
- Rosemary
- 3-4 quarts of water



You'll Need for the Soup

- 1 medium onion cubed into small pieces
- 2 tablespoons butter
- Extra virgin olive oil
- 1 habanero, finely minced
- 1 can of corn, drained
- 1 large can of diced tomatoes
- 1 small can of chopped chili's
- 2 tablespoons white wine vinegar
- 2 tablespoons oregano
- Chicken from roasted chicken, chopped
- Salt and pepper
- 1 avocado
- 1 lime
- Corn tortillas

Directions

- Roast 1 chicken (see roasted chicken recipe) and remove chicken and put into bowl. Put chicken carcass into stock pot.
- Slice 1 large onion, celery stock, and carrots and add to pot. Add about the same amount of water as ingredients to pot. Add salt and peppercorn.

Chicken Tortilla Soup continued...

- Add 4 - 5 crushed garlic cloves, ginger, and rosemary to pot. Put lid on pot, let come to a boil and then reduce heat to medium and let simmer for 1 hr. After 1 hr, remove lid and let simmer for an additional 3 hrs.
- Once stock is done, drain pot into another pot as to keep only the liquid.
- Take cubed onion and add to frying pan. Add butter and let saute until onions are browned.
- While onions are browning, take corn and drain water. Add to an empty frying pan. Take habanero pepper and cut into quarters, remove veins and seeds. Add to frying pan. Turn heat on and let corn and pepper roast. Once roasted remove habanero from pan. Take roasted habanero and finely mince it.
- In the pot with the stock, add tomato, chili, white wine vinegar, oregano, sautéed onion, and corn, habanero, and chopped chicken. Add salt and pepper to taste and let simmer with lid on for an hour.
- Add olive oil to a frying pan so that it coats the bottom. Take a corn tortilla and place in pan and let cook in pan until browned on both sides. When browned, remove from pan and place on a plate with a paper towel. Pat dry. Slice tortilla into pieces.
- Once tortilla soup has finished. Chop 1 avocado up and add to soup and take 1 lemon and squeeze juice on top of soup. Spoon into bowl, top with tortilla chips, and enjoy!

Play with Your Food

- Use chicken stock from the store instead of making your own.

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