

TRAC's Tuesday Tip

Issue 62: January 7, 2014

Scrumptious Soup Suppers

In honor of the sub-zero wind chill today, this week's Tuesday Tip will be committed to soup. Enjoy, and stay warm!

Hearty White Bean Vegetable Soup

Serves: 6

[HTTP://WWW.HENRYHAPPENED.COM/HEARTY-VEGETABLE-SOUP-WEEKLY-MEAL-PLAN.HTML](http://www.henryhappened.com/hearty-vegetable-soup-weekly-meal-plan.html)

INGREDIENTS

- 1 Tbl. Olive oil
- 1 medium onion, diced
- 2 medium carrots, diced
- 2 celery ribs, diced
- 1 large leek, sliced in ½" rings, washed well
- 2 cloves garlic, shopped
- 3 Tbl. Tomato paste
- 1 ½ cups cooked white beans, rinsed (one 15 oz. can or homemade from dry beans)
- 1 28 oz. can diced tomatoes
- 6-8 cups vegetable or chicken broth
- 2 sprigs fresh thyme
- 2 cups diced butternut squash
- 4-5 kale leaves, ribs removed, roughly chopped
- Salt and freshly ground black pepper, to taste



INSTRUCTIONS

1. Heat oil in a large soup pot. Add the onion and cook, stirring often, until the onions start to soften. Add the carrots, celery, and leeks. Continue cooking, stirring often, for about 5 minutes. Add the garlic and cook for another 30 seconds, being careful not to let it burn.
2. Next add the tomato paste and stir well. Let cook for 30 seconds then add beans, diced tomatoes, broth, thyme, and butternut squash. Add salt and fresh ground black pepper, to taste. (It might not need much salt if the broth is salted.) Bring to a simmer and let cook for about 15-20 minutes, or until the squash is tender.
3. Add the chopped kale and let cook for another 5-10 minutes. Taste and add more salt and pepper, if needed.

Roasted Cauliflower and White Cheddar Soup

YIELD: SERVES 4

<http://www.melskitchencafe.com/2013/12/roasted-cauliflower-and-white-cheddar-soup.html>

INGREDIENTS

1 head cauliflower
4 whole cloves garlic
2 tablespoons olive oil
1/2 cup diced yellow or white onion
1/2 teaspoon dried thyme (or 2 teaspoons fresh), finely chopped
1/2 teaspoon dried rosemary (or 2 teaspoon fresh), finely chopped
4 cups low-sodium chicken broth
1/2 cup milk
6 ounces sharp white cheddar cheese, shredded (about 1 1/2 cups)
Salt and pepper to taste
Fresh parsley for garnish
Croutons for topping (optional)

INSTRUCTIONS

1. Wash and trim the cauliflower into bite-size pieces. Toss with the cloves of garlic and one tablespoon of the oil. Scrape the mixture onto a rimmed baking sheet and roast for 400 degrees F for 20-25 minutes until the cauliflower is crisp-tender and golden in spots (it will cook a bit longer in a later step).
2. Remove the garlic cloves, let them cool slightly, and finely chop.
3. In a 4- or 5-quart saucepan, heat the remaining one tablespoon olive oil and add the onion, cooking until the onion is translucent, 4-5 minutes, stirring often. Add the chopped garlic, thyme and rosemary. Cook for another minute.
4. Stir in the cauliflower and broth; bring to a simmer, cover and cook for 15 minutes.
5. Carefully ladle about half the soup (in batches, if needed) in a blender and puree until smooth. Stir the pureed soup back into the pot - be careful as hot soup in a blender can be a recipe for disaster if the blender is overfilled. Add the milk and the cheese,
6. Stir and cook on low heat until the cheese is melted. Add salt and pepper to taste, if needed.
7. Ladle the soup into bowls and sprinkle with fresh parsley and croutons, if using.



Thai Spicy Coconut Soup

Serves 3-4

Adapted from Cooking Light, posted on <http://joansfoodwanderings.blogspot.com/2013/10/spicy-thai-coconut-soup.html>

INGREDIENTS

2 tsp. oil
1 ½ cups mushrooms, sliced
½ cup red bell pepper, diced
1 inch ginger, peeled and minced
4 cloves garlic, minced
half a stalk lemon grass, cut lengthwise
2 ts. Sambal oelek or thai red curry paste
3 cups chicken broth
1 cup coconut milk
1 Tbl. sugar
3 tsp. soy sauce
fresh cilantro

INSTRUCTIONS

Heat the oil in a pan over medium heat. Add the garlic, ginger, lemon grass, mushrooms and red bell pepper. Cook for 3 minutes. Add the sambal or curry paste. Cook for another minute. Add the coconut milk, chicken broth, sugar and soy sauce. Bring to a boil. Reduce heat to low and simmer for 10 minutes. Discard lemon grass. Top with cilantro.

