



Tomato-Ginger Chicken and Rice Soup

 cooking.nytimes.com

 PREP: 5 mins  COOK: 50 mins  Soup

Ingredients

2 tablespoons unsalted butter, extra-virgin olive oil or virgin coconut oil

1/4 cup tomato paste

2 tablespoons fresh ginger, grated

Salt and pepper

6 cups chicken broth

1 to 1 1/2 pounds boneless, skinless chicken thighs

3/4 cup long-grain white rice

1 pint cherry or other small tomatoes

2 tablespoons fish sauce or soy sauce, plus more to taste

1 lime, cut into wedges, for squeezing

Toasted sesame oil or chile oil, for serving

Directions

1. In a large pot or Dutch oven, heat the butter over medium. Add the tomato paste and ginger, season with salt and pepper and stir until the tomato paste is a shade darker and sticking to the bottom of the pot, 2 to 4 minutes.

2. Add the chicken broth, chicken thighs and rice. Season lightly with salt. Bring to a simmer over medium-high heat, then reduce heat and simmer for 15 minutes.

3. Meanwhile, chop the tomatoes until they're roughly quartered (use a serrated knife if you have it). After the soup has simmered for 15 minutes, add the tomatoes and simmer until the chicken is cooked through and the rice starts to break down and lose its shape, a further 10 to 15 minutes.

4. Using tongs, remove the chicken from the pot and transfer to a medium bowl. Using two forks, shred the chicken into pieces, then stir it back into the soup. Stir in the fish sauce. Season to taste with fish sauce (if flat) and pepper (if it needs more heat). Serve with a squeeze of lime juice and a few drops of sesame or chile oil, if using.

Nutrition Info

598 calories;



Winter Detox Moroccan Sweet Potato Lentil Soup (Slow Cooker)

littlespicejar.com

👤 6 Servings

🕒 PREP: 15 mins

🕒 COOK: 6 hrs

🍲 Soup

I just made this recipe and it is delicious. My husband added a tablespoon of sour cream since he had to make sure it wasn't too healthy. It is just perfect.

Ingredients

1 lb sweet potatoes, peeled and cubed into small pieces

1 cup carrots, chopped

1 cup onions, chopped

1 cup celery, chopped

1 red bell pepper, diced

6 cloves garlic, minced or pressed

1 1/2 cups green or brown lentils, rinsed and picked over

1 1/2 teaspoon EACH coriander AND cumin powder

1 teaspoon curry powder

1/2 teaspoon EACH smoked paprika, ground cinnamon, AND turmeric

1/8 teaspoon ground nutmeg

6-7 cups low sodium broth

2 1/2 cups baby spinach, roughly chopped

1/4 cup lemon juice or lemon wedges for serving

Directions

1. Place the sweet potatoes, carrots, onions, celery, red bell pepper, garlic, lentils, spices, and 6 cups of broth into a slow cooker. Cover and cook on the low setting for 6-8 hours or on high for 4-6 hours. Check the lentils for doneness. If you're lentils have been in the pantry for a while, note that they'll take a bit longer to cook through.

2. Place half the soup into a blender along with a little additional broth (1/2 cup or so) and blend till smoothish. Alternately, you can use an immersion blender directly in the slow cooker but be sure to not blend all of the soup if you want it to have a chunkier texture. Add the puree back into the slow cooker. Stir in the baby spinach and lemon juice. Cover the slow cooker, unplug it, and allow the ingredients to just hang out for 30 minutes or so until the spinach wilts down.

3. Season with salt, pepper and curry powder to taste as desired. Thin with additional broth to desired consistency. Serve warm with whipped greek yogurt, fried pita bread, and tons of fresh herbs (parsley or cilantro) on top!

4. Notes

5. MORE PROTEIN: You can sauté 1 pound of ground lamb, beef, chicken, or turkey and add it in with all the other ingredients to the slow cooker for a more protein-filled meal - note that you may need a little bit more of each of the seasonings to balance flavors when adding protein.

Notes

MORE PROTEIN: You can sauté 1 pound of ground lamb, beef, chicken, or turkey and add it in with all the other ingredients to the slow cooker for a more protein-filled meal - note that you may need a little bit more of each of the seasonings to balance flavors when adding protein.

Nutrition Info

Nutrition Facts

Amount Per Serving: Calories 236, % Daily Value*, Total Fat 1.9g 3%, Saturated Fat 0.4g 2%, Cholesterol 0g 0%, Sodium 118.7mg 5%, Total Carbohydrate 43g 14%, Dietary Fiber 7.6g 30%, Sugars 5.8g, Protein 14.6g 29%, Vitamin A 68%, • Vitamin C 47%, Calcium 8%, • Iron23%.

Food And Cooking > Recipes

Chicken Soup

BY REE DRUMMOND Published: Dec 14, 2011

YIELDS:	PREP TIME:	COOK TIME:	TOTAL TIME:
12 serving(s)	20 mins	2 hrs	2 hrs 20 mins

Ingredients

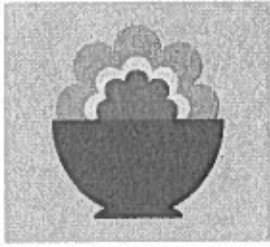
- 1 whole Chicken
- 1 whole Bay Leaf
- 64 oz. fluid Unsalted (or Low Sodium) Chicken Broth (you May Use Half Broth And Half Water If Desired.)
- 1 whole Large Onion, Chopped
- 3 whole Ribs Of Celery, Sliced
- 3 whole Carrots, Peeled And Chopped
- 3 whole Parsnips, Peeled And Chopped
- 1/2 tsp. Salt
- Ground Black Pepper

Directions

Place all ingredients but the pepper into a pot. Bring to a boil, then reduce to a simmer. Cover and simmer for 1 1/2 to 2 hours, or until chicken is done, vegetables are tender, and soup flavor is divine. Taste and adjust seasonings as needed.

Serve in a bowl, then sprinkle black pepper over the top.

*Note: Adjust broth levels and/or vegetable amounts as needed.



Chocolate Soup

CHOCOLATE SOUP RECIPE

INGREDIENTS:

- 6 oz dark chocolate (at least 70% cocoa), finely chopped
- 2 cups whole milk **Lactose free milk**
- 1 cup heavy cream **coconut whipping cream**
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- Pinch of salt
- Whipped cream, fresh berries, or ice cream for serving (optional)

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INSTRUCTIONS:

1. **Heat the milk and cream:** In a medium saucepan, combine the whole milk, heavy cream, sugar, and salt. Heat over medium heat, stirring occasionally, until the mixture is warm and the sugar is fully dissolved. Do not let it boil.
2. **Melt the chocolate:** Remove the saucepan from heat and add the chopped dark chocolate to the warm milk and cream mixture. Stir continuously until the chocolate is fully melted and the mixture is smooth.
3. **Add vanilla:** Stir in the vanilla extract to enhance the flavor and give the soup a hint of warmth.
4. **Simmer:** Return the saucepan to low heat and simmer the chocolate soup for another 2-3 minutes, stirring occasionally to ensure a velvety texture.
5. **Serve:** Ladle the chocolate soup into bowls and serve warm. Top with a dollop of whipped cream, fresh berries, or a scoop of ice cream if desired.

Asparagus and Barley Soup with Lemon and Dill from 177milkstreet.com

COOK TIME: 50 min

SERVINGS: 4 to 6 Servings

INGREDIENTS

- 3 tablespoons salted butter
- 1 medium shallot, minced
- Kosher salt and ground black pepper
- 1 cup pearled barley
- 2 quarts low-sodium chicken broth
- 1 pound asparagus
- 1/2 cup chopped fresh dill
- 1 teaspoon grated lemon zest, plus 3 tablespoons lemon juice

PREPARATION STEPS

1. In a large pot over medium, melt the butter. Add the shallot and ¼ teaspoon salt; cook, stirring occasionally, until the shallot is softened, 2 to 3 minutes.

Stir in the barley. Add the broth and ½ teaspoon pepper. Bring to a simmer over medium-high, then reduce to medium-low and cook, uncovered and stirring occasionally, until the barley is tender, 35 to 40 minutes; adjust the heat as needed to maintain a gentle simmer.

2. Meanwhile, trim off and discard the tough, woody base of the asparagus spears. Slice the stalks into ¼-inch pieces on the diagonal, leaving the tips about 1 inch in length. Set aside until ready to use.

3. When the barley is tender, add the asparagus and cook, stirring occasionally, until tender-crisp, 2 to 3 minutes.

Off heat, stir in the dill and lemon zest and juice. Taste and season with salt and pepper.

NOTE

Barley soups tend to be heavy and stodgy, but this one is light and bright with asparagus, lemon and dill.

Turkey Chili (from Cooks Illustrated)

Be sure to use 93 percent lean ground turkey, not 99 percent fat-free ground turkey breast, in this recipe. Corn tortillas add flavor and help thicken the chili. Good options for garnishing include shredded cheese, sour cream, avocado, chopped onion, cilantro, and pickled or raw chopped jalapeños. We like to serve this chili with white rice.

2 tablespoons plus ½ cup water, divided
2 teaspoons table salt, divided
½ teaspoon baking soda
2 pounds 93 percent lean ground turkey ounces dried ancho chiles, stemmed, seeded, and torn into 1-inch pieces
½ ounce dried guajillo chiles, stemmed, seeded, and torn into 1-inch pieces
3 (6-inch) corn tortillas, torn into 1-inch pieces
1 tablespoon ground cumin
1 tablespoon paprika
2 teaspoons garlic powder
2 teaspoons dried oregano
1 teaspoon ground coriander
1 teaspoon pepper
¼ cup vegetable oil
3 onions, chopped fine (3 cups)
1 tablespoon minced garlic
1 tablespoon tomato paste
2 (15-ounce) cans red kidney beans, undrained
2 cups chicken broth
1 (14.5-ounce) can diced tomatoes
1 tablespoon packed brown sugar

1. Combine 2 tablespoons water, 1 teaspoon salt, and baking soda in small bowl. Place turkey in large bowl. Using your hands, break up meat into rough ½-inch pieces. Drizzle baking soda mixture evenly over turkey. Using your hands, toss gently to combine; set aside.
2. Toast anchos and guajillos in Dutch oven over medium-high heat, stirring frequently, until fragrant, 2 to 6 minutes. Transfer to food processor and let cool.
3. Add tortillas, cumin, paprika, garlic powder, oregano, coriander, and pepper to food processor with chiles and process until finely ground, 1 to 2 minutes. Transfer mixture to bowl.
4. Heat oil in now-empty pot over medium heat until shimmering. Add onions and remaining 1 teaspoon salt and cook, stirring occasionally, until onions are softened and lightly browned, 6 to 8 minutes. Add garlic and cook until fragrant, 30 to 60 seconds. Add tomato paste and cook, stirring occasionally, for 1 minute. Add turkey and cook, stirring with wooden spoon to break up meat into 1-inch pieces, until meat is no longer pink, 6 to 8 minutes. Add chile mixture and stir until turkey is well coated; cook until fragrant, about 1 minute.
5. Add beans and their liquid, broth, tomatoes, sugar, and remaining ½ cup water. Stir well and bring to simmer. Cover and cook, stirring occasionally, to meld flavors, about 10 minutes. Season with salt to taste and serve.

Pasta Fagioli

★★★★★
4.95 from 99 votes

Pasta fagioli is a comforting Italian-American soup made with cannellini beans, ditalini pasta, tomato, pancetta, and Parmigiano Reggiano cheese.

Prep Time	Cook Time	Total Time
5 mins	35 mins	40 mins

Course: Soup Cuisine: Italian Servings: 6 Author: James Delmage and Tara

Ingredients

- 1 tablespoon olive oil
- 4 ounces pancetta **diced**
- 5 cloves garlic **minced**
- 1 medium onion **diced**
- 1/4 teaspoon crushed hot red pepper flakes
- 3 16 ounce cans cannellini beans **drained, but don't rinse**
- 6 cups water **to start but add more as needed**
- 3 plum tomatoes **hand crushed, note: just 3 plum tomatoes from 1 can - that's it!**
- 1 sprig rosemary **optional**
- 2 cups ditalini pasta or small shells, elbows, etc
- 1 Parmigiano rind **optional**
- salt and pepper **to taste**

Instructions

1. In a large heavy pot saute the pancetta in 1 tablespoon of olive oil for 7-10 minutes over medium heat or until the pancetta has rendered most of its fat.
2. Next, add in the onions and saute for 5 minutes then add in the garlic and cook for 1-2 minutes more until just golden. Finally, add the hot red pepper flakes and cook for 30 seconds.
3. Next, add in 6 cups of water, 1 teaspoon of kosher salt, and the plum tomatoes and give it all a stir. Add in the drained beans, the rosemary if using, and the Parmigiano Reggiano rind (if you don't have one, you can use a bit of grated cheese or just omit) and bring to a boil for 5 minutes.
4. Lower the heat to medium and crush some of the beans by smashing them against the side of the pot with a wooden spoon. For a creamier consistency use an immersion blender, or spoon 1/3 of the beans into a regular blender and pulse. If using an immersion blender, remove the rosemary sprig and parm rind before blending. Don't blend too much so that some of the whole bean texture is maintained. Make sure to do this step before adding the pasta!
5. Add in the pasta and cook until al dente. Keep an eye on the pot and stir very frequently to avoid sticking. The pasta will absorb much of the liquid so add more water as needed. The final consistency of the pasta e fagioli is 100% a personal preference. If you like it soupier, add more water!
6. Once the pasta is al dente turn off the heat and taste test. Adjust salt (will probably need a

good amount), pepper, and hot red pepper to taste.

7. When satisfied with the taste, serve in bowls with crusty bread. Offer grated cheese, hot red pepper flakes, or black pepper on the side and drizzle some high-quality extra virgin olive onto each bowl. Enjoy!

Notes

- Pasta shapes like ditalini, small shells, elbows, and farfalline are all great choices. Even broken spaghetti works!
- If you plan to have leftovers, be sure to cook the pasta separately. Otherwise, it's better to cook the pasta in the sauce to better absorb the flavors.
- Leftovers can be saved for up to 3 days and can be reheated in the microwave.

Nutrition

Calories: 603kcal | Carbohydrates: 90.7g | Protein: 32.1g | Fat: 11.6g | Saturated Fat: 2.9g | Cholesterol: 21mg | Sodium: 437mg | Potassium: 127mg | Fiber: 14.1g | Sugar: 3.1g | Calcium: 7mg | Iron: 3mg

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