

Roasted Kabocha Squash Soup

| | |
|-------------------|-----------------|
| PREP TIME | 15 mins |
| COOK TIME | 90 mins |
| TOTAL TIME | 105 mins |
| SERVINGS | 4 to 6 servings |

Ingredients

A half a large kabocha squash, seeded (about 3 to 4 pounds for the half)

1 tablespoon extra virgin olive oil

Salt

1 1/2 tablespoons extra virgin olive oil

2 cups chopped or sliced onions

2 ribs of celery, sliced

3 cloves garlic, chopped (about 1 Tbsp)

1 1/2-inch piece of fresh ginger root, peeled and grated

1 1/4 teaspoon ground cumin

1/2 teaspoon ground coriander

4 cups of chicken stock

2 teaspoons kosher salt

1/4 teaspoon black pepper

Garnish with lime juice and chopped fresh cilantro

Method

1. Roast the squash:

Preheat oven to 400°F. Use a heavy chef's knife or cleaver (it helps if you have a rubber mallet as well) to cut the kabocha squash half into a few large pieces. (Kabocha squash is thick and meaty and can be a challenge to cut. So take care! Make sure the squash is stable on your cutting board before you start to cut it.)

Scoop out the seeds (you can toast them like pumpkin seeds!) and stringy insides. Place the squash pieces on a foil or silpat lined roasting pan. Rub olive oil over all sides, and sprinkle with salt.

Put the squash pieces skin side up on the pan. Roast for 45 minutes to an hour, until completely cooked through, soft, and caramelized at the edges. Remove from oven and let sit.

2. Sauté onions, celery, garlic, ginger, cumin, coriander:

Heat olive oil on medium high heat in a large (4 to 6 quart) thick-bottomed pan. Add the onions and celery. Lower the heat to medium and cook until softened, 8 to 10 minutes.

Add the garlic, ginger, cumin, and coriander and cook 2 minutes more.

3. Add squash, stock, salt, pepper, then simmer:

Once squash is cool enough to handle, remove and discard the skin. Place the roasted kabocha squash flesh into the pot with the onions and celery mixture. Add the stock, salt and pepper. Increase heat to high to bring the soup to a simmer, then lower the heat to low, partially cover and cook 8 to 10 minutes.

4. Purée the soup:

Remove from heat. Use an immersion blender (or work in batches with a standing blender, only filling the blender bowl 1/3 of the way each time) to purée the soup.

Add more salt to taste. Sprinkle with lime juice and chopped cilantro to serve.



Karen Tatarka <ktatarka@westonct.gov>

[EXTERNAL] Zucchini Soup

1 message


To: Karen Tatarka <ktatarka@westonct.gov>

Thu, Dec 2, 2021 at 11:52 AM

Zucchini Soup

Ingredients

- 1 Large potato, cut in chunks
- 3 lbs Zucchini, cut in chunks
- 10 oz Beef broth
- 1/4 lb Bacon, chopped
- 1/2 Cup Water
- 1 1/2 tsp Salt
- 1/4 tsp Black pepper
- 1/8 tsp Garlic Powder

Directions

1. Place all ingredients in sauce pan.
2. Bring to a boil. Cook for 1 hour.
3. Blend until almost smooth.

App Store Link: [RecipeBook](#)

Easy Email Import

Tap here to open app importer.



Weston Library <westonlibrary@westonct.gov>

[EXTERNAL] Chicken, Sweet Potato, and Coconut Stew Recipe

Robin Spath <robinspathphd@gmail.com>
To: Karen Tatarka <westonlibrary@westonct.gov>

Mon, Nov 29, 2021 at 2:08 PM



Chicken, Sweet Potato, and Coconut Stew

chewoutloud.com

MAKES: 8 servings

INGREDIENTS

For the Spice Mixture:

1/4 cup freshly squeezed orange juice
1 TB paprika
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground tumeric
1/4 tsp cayenne

For the Stew:

3 TB coconut oil
1 large onion, chopped
2-inch piece fresh ginger, peeled and minced
8 cloves fresh garlic, chopped
1 can (15 oz) tomatoes and their juices, diced
1/2 cup unsweetened, whole coconut milk from a can
2 cups regular chicken broth
1 lb sweet potatoes, peeled and cut into 1/2 inch pieces
2 lbs skinless chicken thighs, towel-dried and cut into bite size pieces, boneless
Kosher salt and freshly ground black pepper
Garnishes: chopped cashews, unsweetened coconut flakes

DIRECTIONS


1. In a bowl, combine all ingredients of Spice Mixture together until well incorporated. Set aside.
2. In a Dutch Oven or large/heavy pot, add 2 TB coconut oil and heat until hot. Add onions and cook/stir over medium heat until softened, 4 minutes. Add ginger and garlic, continuing to stir another 2 minutes. Add the Spice Mixture that was set aside. Stir well for 1 minute.
3. Add tomatoes plus their juices and coconut milk. Stir frequently 2-3 minutes. Add broth and 1/2 tsp kosher salt. Bring to a simmer for 10 minutes. Add sweet potatoes, stirring occasionally; cook until tender, 20 minutes. Taste stew; if needed, add more kosher salt and freshly ground black pepper.
4. Meanwhile (while stew is cooking) heat 1 TB coconut oil in a large saucepan over medium high heat. Sprinkle chicken with 1/2 tsp kosher salt and 1/4 tsp freshly ground black pepper. Place chicken in a single layer in saucepan and let brown for 4 minutes on first side. Flip with tongs for 3 minutes of browning on second side. Do this in 2 batches if needed to avoid overcrowding (if crowded, chicken won't brown.) Add browned chicken to the hot stew; stir to combine.
5. Serve stew with garnishes, over rice or just as is.

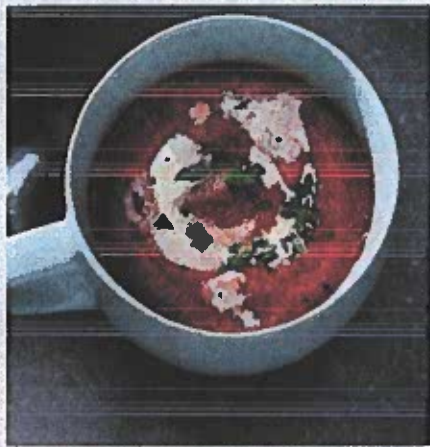
Sent from [MealBoard](#)

*tap attachment to import
into MealBoard*

Sent from my iPhone

Robin Spath, Ph.D (Fonte)
Mobile: + 1 (203) 912-9410
Email: robinspathphd@gmail.com

 **13df98da-6599056950.mbdx**
6K



OVEN-ROASTED TOMATO-GARLIC SOUP

PREP TIME 10 MIN. — COOK TIME 50 MIN.
READY IN 1 HOUR — SERVINGS 6

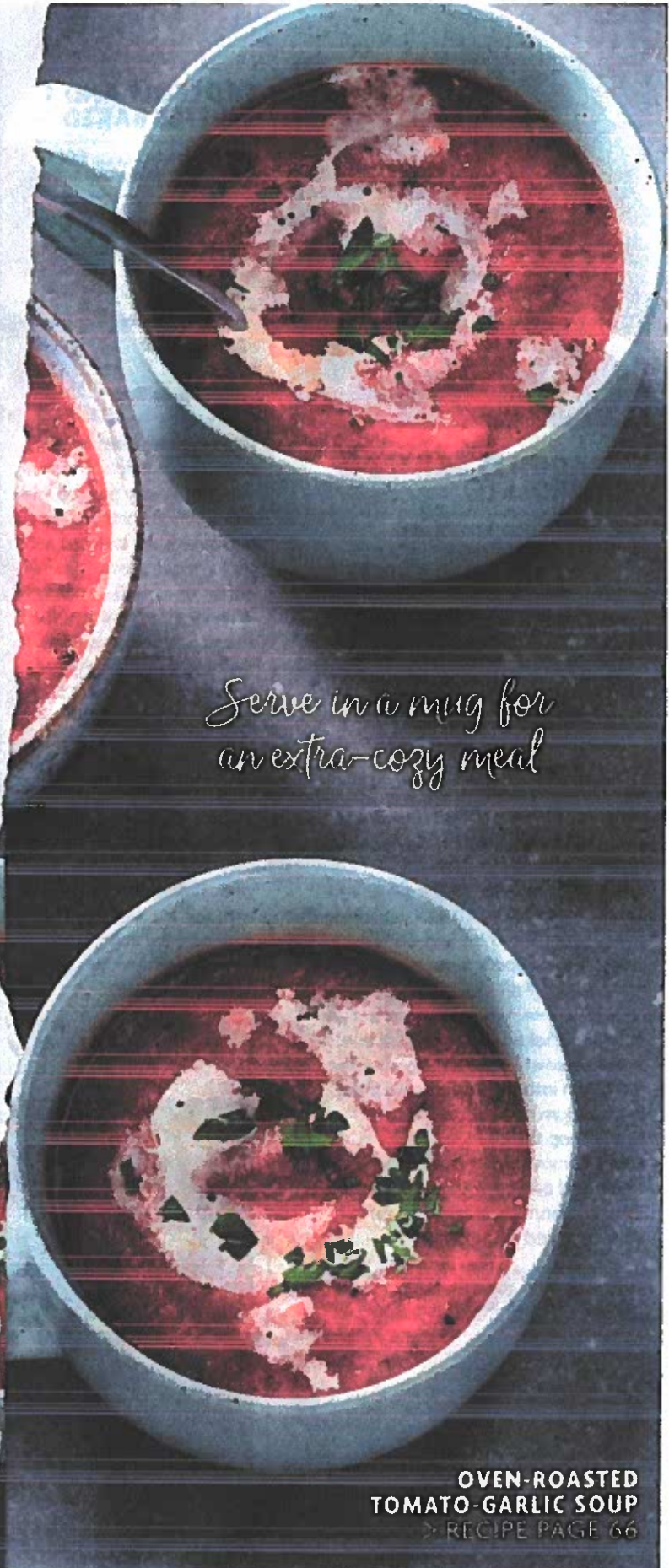
- > 3 (28 oz) cans whole peeled tomatoes
- > 3 tbsp olive oil, divided
- > 2 whole bulbs garlic
- > 1 tsp sugar
- > 4 tbsp heavy cream, divided

STEP 1 Preheat oven to 400°F. Line a large rimmed baking sheet with parchment. Drain the tomatoes, reserving tomato juice from cans. Spread canned whole tomatoes on baking sheet. Drizzle with 2 tbsp oil. Season with salt and pepper.

STEP 2 Remove and discard any loose papery skin from the garlic bulbs, but leave cloves unpeeled. Using a sharp knife, cut ¼ inch from top of bulbs to expose garlic cloves. Place bulbs in the center of a double layer of foil. Drizzle with remaining 1 tbsp oil, wrap up tightly, and place on baking sheet. Roast 45–50 min., until tomatoes are slightly caramelized on bottoms.

STEP 3 Unwrap garlic and let cool. When cool to the touch, squeeze each garlic clove out of its peel into a large pot. To pot, carefully add roasted tomatoes. Add reserved tomato juice, sugar, and 2 tbsp cream, then season with salt and pepper. Using an immersion blender, purée soup until smooth. (Or use a blender to purée the soup in batches.) Heat pot briefly on medium-high until soup is warm. Ladle into bowls or mugs and drizzle with remaining 2 tbsp cream.

PER SERVING: 175 CALORIES, 11G FAT, 3G SATURATED FAT, 11MG CHOLESTEROL, 461MG SODIUM, 18G CARBOHYDRATE, 6G FIBER, 9G SUGAR, 4G PROTEIN



Serve in a mug for an extra-cozy meal

OVEN-ROASTED TOMATO-GARLIC SOUP

> RECIPE PAGE 66

VEG, AND IDEAS

FOOD&WINE**Chicken and Smoked-Sausage Gumbo**

Yield: 4

★★★★☆

The flavor of browned roux is essential to the traditional taste of Louisiana gumbo. So don't worry if the flour mixture looks like peanut butter by the time the vegetables have softened. That's just as it should be. Quick Chicken Recipes



© Lucy Schaeffer

Ingredients

3 tablespoons cooking oil
 3 tablespoons flour
 1 onion, chopped
 2 ribs celery, chopped
 1 green bell pepper, chopped
 1 10-ounce package frozen sliced okra
 1 bay leaf
 1 1/2 teaspoons dried thyme
 1 teaspoon dried oregano
 2 teaspoons salt
 1/4 teaspoon fresh-ground black pepper
 1/4 teaspoon cayenne
 1 3/4 cups canned crushed tomatoes in thick puree (one 15-ounce can)
 1 quart canned low-sodium chicken broth or homemade stock

Directions**Step 1**

In a large stainless-steel pot, heat the oil over moderate heat. Whisk in the flour and cook, whisking, until starting to brown, about 4 minutes. Reduce the heat to moderately low. Stir in the onion, celery, and bell pepper and cook until starting to soften, about 7 minutes. Add the okra, bay leaf, thyme, oregano, salt, black pepper, cayenne, and tomatoes. Cover and cook for 5 minutes.

Step 2

Stir in the broth and the smoked sausage. Bring to a boil. Reduce the heat and simmer for 15 minutes. Add the chicken and cook until just done, 4 to 5 minutes longer. Remove the bay leaf.

Step 3

Meanwhile, bring a medium pot of salted water to a boil. Stir in the rice and boil until just done, 10 to 12 minutes. Drain. Put a mound of rice in the center of each bowl. Ladle the gumbo around the rice.

Suggested Pairing

No region of the wine world is producing more exciting wine bargains than the Languedoc-Roussillon in southern France. Try any one of their sturdy reds with this hearty gumbo.

1/2 pound smoked sausage,
halved lengthwise and cut
crosswise into 1/4-inch slices

1 pound boneless, skinless
chicken breasts, cut into 3/4-
inch pieces

3/4 cup long-grain rice

© COPYRIGHT 2021 FOOD & WINE. ALL RIGHTS RESERVED.

Printed from <https://www.foodandwine.com> 12/01/2021

Whatever You Want Soup

By Samin Nosrat

YIELD 6 to 8 servings

TIME About 45 minutes

This basic recipe can serve as a canvas for any kind of chunky soup. Mix and match ingredients to suit your cravings, using an aromatic base of onions and garlic, seasonings, flavorful stock (or water), and whatever main ingredients you choose. This recipe, like a similar one in Julia Turshen's cookbook "Small Victories," highlights soup's basic transformative qualities. With just a bit of time, ordinary ingredients can become an extraordinary winter meal for tonight, and for days to come. Covered in the refrigerator, it will last for up to five days, but it also freezes exceptionally well for up to two months. Just return it to a boil before using.

INGREDIENTS

4 tablespoons butter, olive oil or neutral-tasting oil

2 medium onions, diced

3 cloves garlic, sliced

Kosher salt

6 to 8 cups meat, vegetables or other add-ins (see notes)

About 1 1/2 pounds raw, boneless chicken (optional)

About 8 cups water or chicken stock, preferably homemade (see notes)

PREPARATION

Step 1

Set a large Dutch oven or stockpot over medium-high heat and add 4 tablespoons butter or oil. When the butter melts or the oil shimmers, add onions and garlic, and a generous pinch of salt.

Step 2

Reduce the heat to medium and cook, stirring occasionally, until the onions are tender, about 15 minutes.

Step 3

Place the meat, vegetables and other add-ins in the pot, along with the raw chicken (if using), and add enough liquid to cover. Season with salt. Increase heat to high and bring to a boil, then reduce to a simmer.

Step 4

Cook until the flavors have come together and the vegetables and greens are tender, about 20 minutes more. If you added raw chicken, remove it from the soup when cooked, allow to cool, shred and return to the soup. Taste and adjust for salt.

Step 5

Add more hot liquid if needed to thin the soup to desired

consistency. Taste and adjust for salt.

Step 6

Serve hot, and garnish as desired.

Tips

For add-ins, you can use a combination of vegetables diced into 3/4-inch pieces (use one or more of carrots, fennel, celery, leeks, winter squash, potatoes or parsnips); cooked beans, lentils or chickpeas; up to 4 cups of sliced kale or green cabbage; or up to 3 cups of cooked, shredded chicken or pork, if not using raw chicken.

If desired, replace some of the liquid with bean broth, heavy cream, chopped tomatoes in their juices or full-fat coconut milk.

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

Pho Ga Soup

★★★★☆

Vietnamese chicken noodle soup. After ordering this soup at a local Vietnamese restaurant, I decided to try to make it at home. This is a very flexible recipe. Feel free to substitute some of your favorite vegetables or try different noodles. Enjoy!

By Cora

Prep: 15 mins

Cook: 15 mins

Total: 30 mins

Servings: 6

Yield: 6 servings



Ingredients

- 1 tablespoon vegetable oil
- 1 small yellow onion, chopped
- 1 (8 ounce) package baby bella mushrooms, chopped
- 4 cloves garlic, minced
- 8 cups water
- 1 (6.75 ounce) package rice stick noodles (such as Maifun®)
- 8 teaspoons chicken bouillon
- 2 cooked chicken breasts, shredded
- 4 green onions, chopped
- 1/2 cup chopped fresh cilantro
- 2 cups bean sprouts
- 1 lime, sliced into wedges
- 1 dash Sriracha hot sauce, or more to taste

Directions

Step 1

Heat vegetable oil in a large saucepan over medium-high heat; saute onion, mushrooms, and garlic until tender, 5 to 10 minutes. Add water, rice noodles, and chicken bouillon to onion mixture; bring to a boil. Reduce heat to low.

Step 2

Mix shredded chicken, green onions, and cilantro into soup; simmer for 5 minutes more. Transfer soup to serving bowls and top with bean sprouts, a squeeze of lime juice, and Sriracha hot sauce.

*used chicken stock
so added some salt*

Cook's Note:

I like to use a rotisserie chicken from the grocery store to save time. Try adding ginger and fish sauce to the soup and garnishing with basil and jalapeno for a more authentic taste.

*1/2 Tbl
of
each*

Nutrition Facts

Per Serving: 231 calories; protein 13.5g; carbohydrates 32g; fat 5.4g; cholesterol 27.5mg; sodium 148.9mg.

TURKEY AND WILD RICE SOUP

3 Tbl Oil

2 Leeks, trimmed of tough green leaves, washed and chopped

2 Celery Stalks, chopped

2 Carrots, chopped

2 cloves Garlic, minced

½ Wild Rice blend (if you use straight wild rice you'll have to cook it in the broth for an hour)

1 Tbls Kosher salt

1 ½ tsp black pepper

A couple sprigs of fresh thyme, or 2 tsp dried

1 Bay Leaf

8 cups turkey stock (preferably homemade)

2 cups diced, cooked turkey

½ cup of frozen peas (thawed if you remember, or you can put them in frozen)

Handful of chopped parsley

1. Heat the oil in a 4 qt Dutch oven or soup pot over medium heat. Saute the leeks, celery and carrots for about 8-10 minutes until the onions and celery are soft and translucent. Add the garlic and saute 1 more minute
2. Add the rice and toss with the oil and veggies to coat. Cook for two minutes stirring a couple of times. Add the salt, pepper, thyme and bay leaf
3. Add the stock and raise the temp to bring the soup to a boil, then lower the heat to maintain a steady simmer. Cook for the length of time it will take the rice to cook according to the package directions (likely 15-20 minutes.)
4. Test to see if rice is cooked. When it is, add the turkey and peas and cook just until warmed through.
5. Add chopped parsley and serve.