



In the Kitchen

with Barb Agee ~ January 2014

Satisfying Soups

These soups are easy, delicious and nutritious and can cheer up the dreariest winter day. Most are ready in less than 40 minutes but taste like they have been simmering all day. Have lots of crusty bread handy to dip in the rich broths and you have the making for lunch or dinner.

Vegetable Moroccan Soup

2 tablespoons olive oil	1 teaspoon salt
1 medium onion, chopped	½ teaspoon pepper
1 cup celery, finely sliced	6 cups vegetable broth
½ cup green pepper, chopped	3 cups yams, peeled and diced
3 cloves garlic, minced	One 14 ounce can garbanzo beans, drained and rinsed
2 teaspoons fresh ginger, grated	½ cup raisins
1 teaspoon cumin	½ cup peanut butter
1 teaspoon curry powder	1 tablespoon fresh lemon juice
1 teaspoon ground coriander	2 to 3 cups Napa cabbage, finely shredded
2 teaspoons chili powder	8 tablespoons fresh cilantro, chopped and divided

Heat olive oil in a large soup pot over medium heat. Add onion, celery, green pepper and garlic. Sauté until vegetables soften, about 5 minutes. Add ginger, cumin, curry powder, coriander and chili powder and stir for 2 minutes (may need to add a small amount more of olive oil). Add salt and pepper.

Add broth, yams and garbanzo beans. Simmer until yams are tender 15 to 20 minutes. When ready to serve, add raisins, peanut butter, lemon juice and half of the cilantro; stir in peanut butter until dissolved in the broth. Dish soup into bowls. Top each soup bowl with about ½ cup of shredded cabbage and a generous sprinkle of chopped cilantro. *Serves 8*

Smoked Sausage and Bean Soup

1 teaspoon butter	½ teaspoon chili powder
1 teaspoon olive oil	3 cups chicken broth
½ cup onion, diced	1 teaspoon dried basil, crushed
2 cloves garlic, finely chopped <i>or</i> ⅛ teaspoon garlic powder	¼ teaspoon coarsely ground pepper
4 ounces fully cooked smoked sausage, bite-size pieces	1 cup Swiss chard <i>or</i> 1½ cups spinach
One 15-ounce white kidney beans (cannellini) *	

In a soup pot, melt butter; add onion and garlic and sauté for 2 to 3 minutes over medium heat. Add sausage and continue to sauté for 2 more minutes; add beans and chili powder and sauté for 2 more minutes. Add chicken broth, basil and pepper. Cover and simmer for 10 to 15 minutes or until onion is tender. Meanwhile, remove stems from Swiss Chard. Stack leaves one on top of the others and cut into ½-inch strips. Stir in Swiss Chard and simmer for 5 minutes. *Makes 3 servings*

Cook's Note: * great northern beans, rinsed and drained

Roasted Cauliflower Onion Soup

4 cups (about 1 small head) cauliflower florets	½ cup half and half
1 small onion, peeled and cut into ½-inch rings	1 teaspoon fresh thyme, chopped or ½ teaspoon dried thyme
1 tablespoon olive oil	1 teaspoon olive oil
Salt	1 teaspoon butter
2 cloves garlic, cut in half	2 slices day old bread, cut into small cubes
1 to 2 strips bacon, cut in thin strips	1 tablespoon chopped fresh parsley, <i>optional</i>
2 cups chicken stock	2 tablespoons sliced almonds, toasted, <i>optional</i>
½ cup water	

Preheat oven to 425°F. Place cauliflower and onion rings in a large bowl; drizzle with oil, and sprinkle with salt. Toss to coat. Arrange in a single layer on a jelly-roll pan coated with cooking spray. Bake for 25 minutes until tender and browned, add garlic and bake another 5 minutes.

Heat a soup pot or large pot over medium heat. Sauté bacon until crisp; remove and drain on paper towels. Add cauliflower, onion, garlic, chicken stock and water. Reduce heat and simmer for 10 minutes. Remove from heat. Place half of the cauliflower mixture in a blender and pulse until smooth; pour pureed soup into a bowl. Repeat with the remaining cauliflower mixture. Return all pureed cauliflower to soup pot; add half and half and thyme. Salt to taste and keep warm.

Melt 1 teaspoon each olive oil and butter in a skillet over medium heat; add bread cubes and sauté until golden brown. Toss in bacon and almonds. Ladle soup into bowls and top each serving with toasted breadcrumbs and chopped parsley. *Makes 3 servings*

West African Peanut Soup

2 tablespoons peanut oil	1 cup smooth or crunchy peanut butter
1 large yellow onion, diced	2 cups baby spinach **
3 garlic cloves, minced	1 pound raw shrimp, shells and tails removed
¼ teaspoon crushed red pepper	Salt and freshly ground black pepper, to taste
2 tablespoons fresh ginger, grated	¼ cup fresh cilantro, chopped
One 28-ounce can diced tomatoes	¼ cup roasted peanuts, crushed to garnish
1 quart (4 cups) chicken broth	

Heat oil in a large soup pot over medium-high. Add the onion, garlic, red pepper and ginger. Sauté until the onions are tender, about 4 minutes. Add the tomatoes, with juice, and chicken broth; bring to a simmer. Add the peanut butter, stirring until it dissolves into the soup. Add the greens and simmer until wilted, about 3 minutes. Add the shrimp and simmer until cooked through, about 5 minutes. Season with salt and pepper, then stir in the cilantro. Ladle into serving bowls, then garnish with peanuts. Reheats well. *Serves: 6*

Cook's Notes: * canola or other vegetable oil can be substituted for peanut oil; ** Swiss chard or chopped kale (if using kale, remove any tough stems) can be substituted for baby spinach

