

Wintertime soup party heats up cold weather

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1 large onion, chopped
3 tablespoons butter
two 10½-ounce cans chicken broth
½ cup heavy cream
2 tablespoons maple syrup
dash of cayenne pepper
salt

Pierce each squash several times with a long-pronged fork. Cook on high 10 minutes. Turn over and cook 7-10 minutes longer, until squash are soft to the touch. Set aside and let cool slightly, then cut in half.

In a 3-quart casserole, place onion and butter. Cook on high 5 minutes. Add chicken broth, cover and cook 6 minutes.

Seed squash and scoop out flesh. Working in batches in food processor or blender, puree squash with broth and onion until smooth. Return soup to casserole. Whisk in cream, maple syrup and cayenne. Cover with salt and pepper and cook on high 5-7 minutes, until simmering. Season with salt to taste.

Serves 6-8
From "365 Quick & Easy Microwave Recipes" by Thelma Pressman (Harper & Row, 1989).

ZUPPA DI BROCCOLI E FAGIOLI
Broccoli Soup with White Beans
½ cup dried small white beans
1 cup water
1 teaspoon salt, plus additional to taste
2-3 tablespoons fruity olive oil

2 bunches broccoli, tough stems discarded, cut into 2-inch chunks
6 tablespoons unsalted butter or mild olive oil
2 medium onions, sliced
4-5 cups chicken stock
freshly ground pepper
½ cup small shaped pasta
grated Parmesan or pecorino cheese for serving

Rinse the beans and soak overnight in 2 cups water in the refrigerator. Drain and rinse well. Place in a small pan and cover with 2 cups fresh water. Heat to boiling. Reduce the heat, add 1 teaspoon salt, and simmer until the beans are tender but not mushy, about 30 minutes. Drain and toss with enough fruity olive oil to coat.

Steam the broccoli over salted boiling water until very tender. Set aside.

Melt the butter in a medium saucepan over medium heat. Add the onions and cook until translucent. Add 2 cups chicken stock and cook until the onions are very tender. Stir in the broccoli and heat through. If you want, puree the onions and broccoli in a blender and return to the pan. Thin the soup to a consistency you like with the remaining chicken stock. Season to taste with salt and pepper.

Just before serving, cook the pasta in a medium pot of lightly salted water until al dente. Drain well.

Heat the broccoli soup and warm the white beans slightly in a small sauté pan over low heat.

To serve, ladle the broccoli soup into bowls and add a spoonful of beans and a spoonful of pasta to each bowl. Sprinkle with grated Parmesan or pecorino cheese and serve hot.

Serves 6-8

From "The Mediterranean Kitchen" by Joyce Goldstein (William Morrow, 1989).

MINNESOTA WILD RICE AND MUSHROOM SOUP
6-ounce box of wild rice
onions

½ cup dried mushrooms (Porcini from Italy, if available)

2 quarts beef broth (or, five 10-ounce cans Campbell's Beef Bouillon, undiluted)

1 pound fresh mushrooms
salt and pepper to taste
2 whole cloves
1 bay leaf

Pour boiling water over the rice and allow to stand overnight to cook. In the morning, pour off the water and wash the rice in cold water in a colander. Chop the onions fine. Soak the dried mushrooms in hot water for 15 minutes. Pour off the water and wash. Chop into coarse pieces.

Combine the rice, onions, dried mushrooms, cloves, bay leaf, and beef broth in a soup pot and bring to a boil. Reduce heat to low. Cover, and boil gently for 1½ hours. Clean and slice the fresh mushrooms as thin as possible and add them to the soup. Continue boiling ½ hour longer. Add salt and pepper to taste. Serve with a good fresh black bread.

Yields 12 cups

From "The New Tradition Cookbook" by Valerie Hart (Editorial Press, 1989).

Loving memories come with homemade soup

Homemade soup has always been associated with an act of love. Cooked by your mother or grandmother, nothing warms you more quite like a bowl of homemade soup. Especially in the wintertime, soup comforts the common cold, a seasonal chill, even a case of the blues.

Homemade soup can be a real pleasure. The delicious aroma fills the kitchen as the pot simmers on the stove. And with today's modern conveniences, soup doesn't take an entire day to prepare. These days soup is usually quick and easy to fix and adds a special touch to any meal. Soup also can benefit those wanting to watch their weight or slow down their eating patterns. Served at the beginning of a meal, soup slows rapid eating and can help to curb the appetite before too much food is consumed.

Good of Chicken Noodle Soup — with lots of noodles — is the No. 1 homestyle remedy for soothing a head cold. And after an afternoon of ice skating or a day on the ski slopes, a bowl of piping hot soup surely is something to look forward to. Serve it mug style and wrap your hands around the cup, warming your hands as well as your stomach.

My cold-weather favorite, Homemade Tomato Soup, is wonderfully accented with spices such as basil, oregano and bay leaves — delightful for warming up on a cold winter afternoon. Add half a tuna-fish sandwich and you have a nutritious, tasty lunch.

OTHER HOMEMADE favorites include Bean Soup and Vegetable Soup. Both are healthy and great sources of fiber. The soup which should ideally be eaten overlooking Cape Cod Bay is New England Clam Chowder. Loaded with clams and potatoes.

MIXED VEGETABLE SOUP
3 cups water
½ cup each dried onion; celery; carrot, and seeded, drained, canned Italian tomatoes



Lite success

Florine Mark

½ cup each frozen lima beans and frozen whole kernel corn
2 packets instant chicken broth and seasoning mix
1 bay leaf
1 tablespoon chopped fresh parsley
¼ teaspoon pepper

In 2-quart microwavable casserole combine all ingredients except parsley and pepper and stir to dissolve broth mix. Cover with vented plastic wrap and microwave on high (100 percent) for 17 minutes, until vegetables are tender, stirring halfway through cooking. Remove and discard bay leaf; stir in parsley and pepper.

Makes 2 servings about 1½ cups each.

Each serving provides: ½ bread exchange, 2 vegetable exchanges, 1 fat exchange, 45 optional calories.

Source: Weight Watchers Meals in Minutes Cookbook, 1989.

QUICK CLAM CHOWDER

6 ounces diced pared all-purpose potato
1 cup thoroughly washed sliced leeks (white portion only) or sliced onions
½ cup each sliced celery and carrot
2 cups canned Italian tomatoes (with liquid); drain and chop tomatoes, reserving liquid
2 slices crisp bacon, crumbled
¼ teaspoon thyme leaves, crushed
1 dozen littleneck clams scrubbed (will yield about 2 ounces cooked seafood)

In 4-quart microwavable casserole combine potato, leeks (or onions), celery, carrot and margarine, cover with vented plastic wrap and microwave on high (100 percent) for 6 minutes, until potato is softened. Add tomatoes with liquid, leeks and thyme; re-cover with vented plastic wrap and microwave on high for 5 minutes, until potato is soft and mixture is thoroughly heated. Arrange clams around edge of casserole with hinged side of each clam toward edge of casserole, leaving a space between each. Re-cover with vented plastic wrap and microwave on high for 5 minutes, until clams are open after 3 minutes. Stir chowder, re-cover and let stand for 5 minutes.

Makes 2 servings about 2 cups each.

Each serving provides: 1 protein exchange, 1 bread exchange, 4 vegetable exchanges, 1 fat exchange, 45 optional calories.

Source: Weight Watchers Meals in Minutes Cookbook, 1989.

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Makes 2 servings about 2 cups each.

Each serving provides: 1 protein exchange, 1 bread exchange, 4 vegetable exchanges, 1 fat exchange, 45 optional calories.

Source: Weight Watchers Meals in Minutes Cookbook, 1989.

BEEFY TOMATO WARMER

1 cup each tomato juice and water
1 packet instant beef broth and seasoning mix
1 teaspoon Worcestershire sauce
¼ teaspoon basil leaves

In 1-quart saucepan combine all ingredients and bring to a boil. Reduce heat to low, cover, and let simmer until flavors are blended, 2 to 3 minutes.

Makes 2 servings.

Each serving provides: 30 optional calories.

Source: Weight Watchers Favorite Recipes Cookbook, 1986.

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