



Sensational Soups

New Richmond Centre, January 2014

Spicy Chicken and Hominy Soup

Real Simple

Serves 4 | Hands-On Time: 10m | Total Time: 20m

Ingredients

1 onion, chopped
2 celery stalks, chopped
1 clove garlic, chopped
2 tablespoons olive oil
kosher salt
5 cups low-sodium chicken broth
3 cups shredded chicken breast
1 (15-ounce) can hominy, rinsed
1 tablespoon chipotles in adobo, chopped
tortilla chips, for serving
fresh salsa, for serving

Directions

1. Cook the onion, celery, and garlic in the oil with ½ teaspoon salt in a large pot over medium heat, stirring occasionally, until softened, 4 to 6 minutes.
2. Add the chicken broth, chicken, hominy, and chipotles. Simmer for 5 minutes.
3. Serve the soup with the tortilla chips and salsa.

Nutritional Information (per serving): Calories 338, Fat 14g, Sat Fat 3g, Cholesterol 98mg, Sodium 758mg, Carbohydrate 15g, Fiber 3g, Sugar 3g, Protein 38g

Mushroom Barley Soup

Real Simple

Serves 4 | Hands-On Time: 15m | Total Time: 50m

Ingredients

2 tablespoons olive oil
1 pound mushrooms, sliced
4 cups carrots, chopped
2 cloves garlic, sliced
2 sprigs fresh thyme
kosher salt and black pepper
6 cups low-sodium vegetable broth
3/4 cup pearl barley
1 tablespoon chopped flat-leaf parsley

Directions

1. Heat the oil in a large pot over medium-high heat. Add the mushrooms, carrots, garlic, thyme, and 3/4 teaspoon each salt and pepper. Cook, stirring occasionally, until the carrots are tender, 8 to 10 minutes.
2. Add the vegetable broth and barley. Simmer, partially covered, until the barley is tender, 30 to 35 minutes. Top with the chopped flat-leaf parsley before serving.

Nutritional Information (per serving): Calories 269, Fat 8g, Sat Fat 1g, Cholesterol 0mg, Sodium 622mg, Carbohydrate 44g, Fiber 11g, Sugar 8g, Protein 8g

Chickpea, Vegetable, and Pesto Soup

Real Simple

Serves 4 | Hands-On Time: 15m | Total Time: 35m

Ingredients

2 tablespoons olive oil
2 stalks celery, chopped
2 carrots, sliced
1 onion, chopped
kosher salt and black pepper
2 tablespoons tomato paste
6 cups low-sodium vegetable broth
1/2 pound green beans, halved
1 15.5-ounce can chickpeas, rinsed
1 cup frozen peas
1/4 cup pesto

Directions

1. Heat the oil in a large pot over medium heat. Add the celery, carrots, onion, 1/2 teaspoon salt, and 1/4 teaspoon black pepper and cook, stirring occasionally, until softened, 5 to 7 minutes. Stir in the tomato paste and cook until slightly darkened, 1 minute.
2. Add the vegetable broth, green beans, chickpeas, and frozen peas. Simmer until the vegetables are tender, 15 to 20 minutes. Top with the pesto.

Nutritional Information (per serving): Calories 299, Fat 15g, Sat Fat 3g, Cholesterol 0mg, Sodium 789mg, Carbohydrate 32g, Fiber 10g, Sugar 10g, Protein 10g