

Fast & Fasy SOUPS, STEWS & CHILI

2021 My Weight What To Knov

recipes

CURRIED ZUCCHINI SOUP Makes 6 servings 1/6 cup = 74 calories, 6g carbs, 1.5g protein, 5g fat

2 tbsp olive oil1 quart chicken stock1 large onion, halved and thinly sliced or dicedSalt – as needed

1 tbsp curry powder

4 small zucchini, halved and cut into small 1 inch chunks

Heat the oil in a large pot. Stir in the onion, and season with curry powder and salt. Cook and stir until the onion is tender. Stir in zucchini and cook until tender. Pour in chicken stock. Bring to a boil. Cover, reduce heat to low, and simmer for 20 minutes. Remove soup from heat. Blend using an immersion blender until almost smooth.



recipes

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SWEET POTATO & BLACK BEAN CHILI Makes 4 servings 2 cups = 323 calories, 55g carbs, 12g protein, 8g fat

1 tbsp plus 2 tsp olive oil	1⁄4 tsp salt
1 medium-large sweet potato, peeled & diced	2 ½ cups water
1 large onion, diced	2 15-ounce cans black beans, rinsed
4 cloves garlic, minced	1 14-ounce can diced tomatoes
2 tbsp chili powder	4 tsp lime juice
4 tsp ground cumin	1/2 cup fresh cilantro, chopped

1/2 tsp ground chipotle chili (or a dash of cayenne pepper)

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover and reduce heat to maintain a gentle simmer. Cook until the sweet potato is tender, 10 to 12 minutes. Add beans, tomatoes, and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

recipes

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CAULIFLOWER SOUP Makes 4 servings 1/4 cup = 262 calories, 11g carbs, 3g protein, 23g fat

1 head cauliflower, 2 lbs

8 Tbsp unsalted butter cut into 8 pieces
1 leek, white and green parts only, halved
lengthwise, sliced thin & washed thoroughly
1 small onion, halved & sliced thin

Salt & pepper 4-5 cups water ¹⁄₂ tsp sherry vinegar (or white wine vinegar) Tbsp fresh chives minced (or green onion)

recipes

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CAULIFLOWER SOUP

Pull off the outer leaves of cauliflower and trim the stem. Using a paring knife, cut around core to remove it; thinly slice core and reserve. Cut heaping 1 cup of 1/2-inch florets from the head of cauliflower; set aside. Cut remaining cauliflower crosswise into 1/2-inch thick slices. Melt 3 tablespoons butter in a large saucepan over medium-low heat.

Add leek, onion, and 1 ½ teaspoons salt; cook, stirring frequently, until leek and onion are softened but not browned, about 7 minutes.Increase heat to medium-high; add 4 1/2 cups water, sliced core, and half of sliced cauliflower; and bring to a simmer. Reduce heat to medium-low and simmer gently for 15 minutes. Add remaining sliced cauliflower, return to simmer, and continue to cook until cauliflower is tender and crumbles easily, 15 to 20 minutes longer. While soup simmers, melt remaining 5 tablespoons butter in 8-inch skillet over medium heat. Add reserved florets and cook, stirring frequently, until florets are golden brown and butter is browned and imparts nutty aroma, 6 to 8 minutes.

Remove skillet from heat and use a slotted spoon to transfer florets to small bowl. Toss florets with vinegar and season with salt to taste. Pour browned butter in skillet into small bowl and reserve for garnishing. Process soup using an immersion blender until smooth, about 45 seconds. Return soup to a simmer over medium heat, adjusting consistency with remaining water as needed (soup should have thick, velvety texture but should be thin enough to settle with flat surface after being stirred) and season with salt to taste. Serve, garnishing individual bowls with browned florets, drizzle of browned butter, chives, and seasoning with pepper to taste.

recipes

4

SAN FRANCISCO FISH STEW Makes 4 servings ¼ cup = 265 calories, 22g carbs, 28g protein, 6g fat

1 tbsp olive oil	1 tbsp lemon juice
1 onion, chopped	1 bay leaf
1 green pepper, chopped	1/2 - 1 tsp oregano or Italian seasoning
1/2 - 1 cup sliced mushrooms	1⁄4 tsp salt
2 garlic cloves, minced	1⁄4 tsp black pepper
1 28 oz can whole tomatoes, chopped	1 - 11/2 lb cod or other white fish, cut into 1" pieces
1 6 oz can tomato paste	Optional: ½ cup red wine
1 cup chicken broth	

Heat oil in a large soup pot. Add onion, peppers, and garlic and saute for a few minutes until soft. Add mushrooms and saute for 2-3 minutes. Add tomatoes, tomato paste, chicken broth, lemon juice and seasonings. Cook 20 minutes. Add fish and cook 5-10 minutes or just until the fish flakes (or shrimp turns pink). Add some red wine if desired.

recipes

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TURKEY CHILI TACO SOUP Makes 9 servings 1¼ cup = 225 calories, 31g carbs, 22g protein, 2g fat

Cooking spray
1.3 lbs lean ground turkey
1 medium onion, chopped
1 green pepper, chopped
10 oz can rotel tomatoes with green chilies
15 oz canned or frozen corn, drained

15 oz kidney beans, drained
8 oz tomato sauce
16 oz can fat-free refried beans
1 packed low-sodium taco seasoning
2 ¹ / ₂ cups chicken broth (lower sodium preferred)

Spray a large pot with cooking spray then brown the turkey over medium heat, breaking up with a wooden spoon as it cooks. When cooked through, add the onions and pepper and cook 2-3 minutes. Add tomatoes, corn, beans, tomato sauce, refried beans, taco seasoning and chicken broth. Bring to a boil, cover and simmer for about 10-15 minutes. Serve with your favorite toppings such as low-fat sour cream, jalapeños, chopped scallions, onions, or fresh cilantro. Freeze leftovers in individual portions for future meals.

recipes

SLOW COOKER BEEF STEW Makes 5 servings 1 cup = 260 calories, 27g carbs, 22g protein, 7g fat

3 tbsp flour	8 oz mushrooms, chopped
1 Ib lean beef stew meat (trimmed into 1 inch cubes)	1 large sweet potato, peeled & cubed
1 Tbsp olive oil	1 onion, diced
3 cups low sodium beef broth	¹ / ₂ tsp dried thyme
1 cup water	½ tsp black pepper
6 large carrots, chopped	

Place the flour in a large resealable plastic bag. Add beef and toss to coat. Add oil to a pan over high heat. Add beef and sauté for 6-8 minutes, turning frequently until evenly browned. Transfer beef and all remaining ingredients to a large slow cooker. Cover and cook in slow cooker on low for 8 hours.