

# Recipe Corner: Soups & Stews

The comforting and nourishing benefits of soup are plenty – most everyone can agree that there's little more soothing than a warm bowl of chicken soup on a cold day or when you're feeling under the weather. Here's a few to try this month!

## Chicken Lentil Barley Stew

*Serves 6*

### INGREDIENTS

- ½ cup green or brown lentils
- ½ cup pearl barley
- 1 ½ cups cooked chicken or turkey (diced or shredded)
- 1 14.5 ounce can low-sodium diced tomatoes
- 8 ounces sliced mushrooms
- 1 green bell pepper or celery, diced
- 3 carrots, peeled and chopped
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 2 cups diced tomatoes – if using canned, get no salt added (delete)
- 5 cups vegetable/chicken broth – low sodium
- 2 tsps. Italian seasoning; add fresh herbs if desired
- Salt & pepper to taste

### INSTRUCTIONS

1. Rinse the lentils under cold running water and drain; set them aside.
2. In a large saucepan or Dutch oven, add the olive oil and sauté the onions, celery/bell pepper, carrots, mushrooms, and garlic for 2 minutes.
3. Add the broth, lentils, barley and Italian seasoning. Bring the mixture to a boil. Reduce heat and simmer, covered, for 20 minutes.
4. Stir in the chicken or turkey.
5. Simmer, covered, for about 20 minutes.
6. Add the diced tomatoes.
7. Cook for 10-15 minutes and serve.

**Nutritional Information Per Serving:** Calories: 298; Total fat: 7.2 g (1.1 saturated fat); Cholesterol: 29 mg; Sodium: 118 mg; Carbohydrates: 37.8 g; Fiber: 7.6 g; Sugars: 7.5 g; Protein: 21.1 g

# Roasted Veggie Soup

*Serves 4-6*

## INGREDIENTS

- 1 medium butternut squash, peeled and cut into 1-inch pieces
- 1 large red bell pepper, seeded and cut into 1-inch strips
- 2 large carrots, peeled and cut into 1-inch pieces
- 1 large red onion, diced
- 2-3 cloves garlic, minced
- 2 tbsp. olive oil
- 1 14.5 ounce can low-sodium diced tomatoes, undrained
- 4-5 cups water or low sodium broth; more if needed
- 1 teaspoon freshly grated ginger
- 1/2 teaspoon each ground turmeric, cumin and coriander, or more to taste
- Salt and pepper to taste

## INSTRUCTIONS

1. Put the first 3 ingredients on a sheet pan in a single layer, may need 2 pans
2. Drizzle 1.5 tbs olive oil over the vegetables
3. Bake in a preheated oven for 400 degrees for 30-45 minutes until the butternut squash is cooked and the vegetables are roasted. Let cool.
4. In a large soup pot, heat remaining 1/2 tablespoon oil over medium heat. Add onions and sauté until tender. Stir in garlic, ginger, turmeric, cumin and coriander; cook until fragrant, 1 to 2 minutes.
5. Add diced tomatoes, roasted vegetables and water/broth
6. Working in batches, puree soup with an immersion blender or in batches in a blender adding more liquid if needed to reach desired consistency. Return soup to the pot and reheat; season to taste with salt and pepper. Serve soup warm with a dollop of yogurt, chopped parsley or other fresh herbs on top.

**Nutritional Information Per Serving:** Calories: 220; Total fat: 9.9 g (1.4 saturated fat); Cholesterol: 0 mg; Sodium: 379 mg; Carbohydrates: 34.1 g; Fiber: 7.1 g; Sugars: 12.8 g; Protein: 3.9 g