

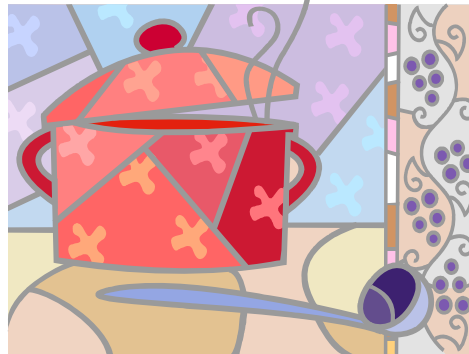


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Easy Winter Soups & Stews



Make your own broth...

This is a great way to make the most of leftovers and cut down considerably on sodium. Next time you bake a chicken or chicken breasts, ham, steak or pork chops, use the leftover bones to make broth. Add bones to a pot and add just enough water to cover. Simmer for 2 hours and discard bones. Use broth or freeze for later use. If freezing, use a container with a tight-fitting lid and mark package well with date and contents.

For vegetable broth, keep cooking water leftover from vegetables in the freezer and use to make soup.

When making soup, add herbs and spices to flavor, or add salt if desired, in quantities just enough to flavor to taste.

One teaspoon of table salt contains 2300mg of sodium. The 2005 Dietary Guidelines for Americans recommends a sodium intake of 2300mg or less per day. People with hypertension (high blood pressure), blacks, and middle-aged and older adults should aim to consume 1,500 mg or less per day.

Also Use Your Freezer For...

Onions can be diced ahead of time and frozen flat so that the amount needed can be broken off. Onions defrost quickly and can be added frozen to a pot of soup (but not to a slow cooker).

Microwave

Microwave ingredients that need to be pre-cooked for soups to help cut down on prep time in the kitchen. (See the recipe for Baked Potato Soup). Only use steam bags or containers designed for the microwave. If food does not look or feel done, it is better to allow microwaved items to stand for 1 to 2 minutes, then check again for doneness, rather than start the oven again immediately. Cooking longer than needed can toughen foods. If more cooking is needed, add 1 to 2 minutes at a time, then allow to stand again.

Slow-Cookers...

- Low: 75 watts High: 150 watts (similar to a light bulb)
- Cook with moist heat; helps tenderize cheaper cuts of meat that contain more connective tissue. Use low setting so meat will cook longer to become more tender. High setting will cause faster cooking but less tenderizing.
- Lose heat fast so only remove lid when needed.
- Won't scorch food as long as there is enough liquid.

Look for the slow cooker size specified in the recipe! (For example, does the recipe call for a 3.5 quart (qt.) cooker or a 6 qt. cooker?)

Use slow-cooker recipes or convert your recipes to be used in the slow-cooker with tips below:

- The slow cooker will need only about half the liquid that your stovetop or oven recipe needs.
 - Make sure you add enough water for the dry rice or pasta to absorb during cooking.
- Fresh vegetables work best when converting a conventional recipe to a slow cooker recipe.
- Reduce fat by browning meat in a pan, draining fat, then adding to slow cooker; always do this with ground beef.
- Add tender vegetables, spices, or pasta during the last hour of cooking.
- Add dairy products in the last half-hour of cooking.
- Add seafood during the last 15-30 minutes of cooking, after recipe has finished cooking.
- Below are time adaptations from conventional method to slow cooker method:

Conventional Recipe Time	>>	Slow Cooker Time on High	>>	Slow Cooker Time on Low
30 min.	>>	1 1/2 - 2 hrs.	>>	3 to 4 hrs.
1 to 2 hours	>>	4-5 hrs.	>>	8-9 hrs.

From Hamilton Beach www.hamiltonbeach.com; Crock-Pot www.crock-pot.com

- Leftovers should be refrigerated within 2 hours.
- Do not reheat leftovers in a slow cooker.
- Defrost meats and other ingredients before adding to slow cooker. Do not use slow cooker to defrost.

Is your slow cooker working well?

1. Fill the cooker half to 2/3 full with tap water and set on low setting. Allow cooker to heat for 8 hours with the lid on and do not disturb.
2. After 8 hours, check the water with an accurate food thermometer. Remove lid and quickly insert thermometer.
3. The temperature of the water should be 185°F. If the temperature is below this, the appliance is not heating food properly (hot enough and fast enough to prevent bacterial growth). The appliance should be repaired or replaced.

From Focus on Slow Cooker Safety www.fsis.usda.gov; Slow Cooker Food Safety www.extension.umn.edu

Leftover Safety

Remember the Rule of Twos

Do not let any food sit at room temperature for more than two hours. Separate a large pot of soup into containers so that soup is no more than two inches deep. Plan to use leftovers before two days. Re-heat leftovers to 165°F. Freeze leftovers that cannot be used within that time. Think of it as having ready-prepared meals for future use! Use The Food Keeper to determine how long to freeze. Find it at www.fmi.org/consumer or search for “The Food Keeper.” Use the **ingredient** in your soup with the **shortest freezer storage time**.



Winter is a good time to get your Vitamin A...

Many of the fall/ wintertime seasonal squashes harvested and available in New York State are high in vitamin A. The yellow/ orange color of butternut squash, pumpkin, and carrots gives the clue that the vegetable will provide vitamin A, which supports eye health and immune function. When out of season, canned and frozen vegetables provide comparable nutrients. Spinach, kale, collard greens, and mustard greens hide this yellow -orange pigment under dark green but are also high in vitamin A.

Use the Slow Cooker for...

Swiss Steak Supper

1 1/2 lb beef boneless round steak (one of the leaner cuts of beef)
1/4 tsp. black pepper
6-8 new potatoes, cut into fourths
1 1/2 c. baby-cut carrots
1 medium onion, sliced
1 can (14 oz.) homestyle beef gravy
Chopped fresh parsley, if desired.



Trim excess fat from beef. Cut beef into 6 serving pieces. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Sprinkle beef with pepper. Cook beef in skillet about 8 minutes, turning once, until brown.

Layer potatoes, carrots, beef and onion in 3.5—6 qt. slow cooker. Mix tomatoes and gravy; spoon over beef and vegetables.

Cover and cook on low heat setting 7 to 9 hours or until beef and vegetables are tender. Sprinkle with parsley. Makes 6 servings.

Nutrition Facts per Serving: 230 Calories (45 Cal. From fat) 5g fat 2g sat. fat 590mg sodium 3g fiber

Source: Adapted from Betty Crocker's Slow Cooker Cookbook

Meatball Soup

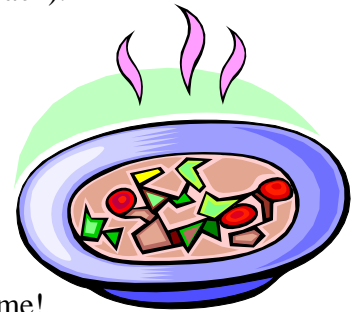
6 cups water	1 tomato, finely chopped
1/3 cup uncooked rice	1/2 onion, finely chopped
3 cubes low-sodium beef or chicken flavored bouillon (or 1 Tbsp. bouillon powder)	1 large egg
4 sprigs fresh oregano, finely chopped (or 1 Tbsp dried oregano)	1/2 teaspoon salt
8 oz. (1/2 pound) lean ground beef	2 cups fresh vegetables, diced (carrots, celery, broccoli)

In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.

Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 24 large meatballs. Add meatballs to broth mixture and simmer 20 minutes.

Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked (temperature of meatballs is 160°F) and rice and vegetables are tender. Makes 4 servings (1 1/2 cups each).

Nutrition Facts per Serving: 212 Calories 6g fat 2g sat. fat 368mg sodium
Source: Healthy Latino Recipes www.cdph.ca.gov



Mexican Tortilla Soup

Get your ingredients prepped ahead of time and this soup comes together in no time!

Nonstick cooking spray	1/2 tsp. ground cumin
2 lbs. boneless, skinless chicken breasts, cut into 1/2-in. strips	8 cups fat-free reduced-sodium chicken broth
4 c. diced carrots	1 large tomato, seeded and chopped
2 c. sliced celery	4-5 Tbsp. lime juice
1 c. chopped green bell pepper	2 (6-inch) flour tortillas, cut into strips
1 c. chopped onion	3 Tbsp. finely chopped fresh cilantro
4 cloves garlic, minced	
1 jalapeno pepper, seeded & sliced	
1 tsp. dried oregano leaves	

Preheat oven to 350°F. Spray large non-stick Dutch oven with cooking spray; heat over medium heat. Add chicken; cook and stir about 10 minutes or until browned and no longer pink in the center. Add carrots, celery, bell pepper, onion, garlic, jalapeno pepper, oregano. And cumin; cook and stir over medium heat 5 minutes.

Stir in chicken broth, tomato, and lime juice, heat to boil. Reduce heat to low; cover and simmer 15 to 20 minutes. Chicken should reach a temperature of 165°F.

Spray tortilla strips lightly with cooking spray; Place on baking sheet. Bake about 10 minutes or until browned and crisp, stirring occasionally.

Stir cilantro into soup. Ladle soup into bowls; top with tortilla strips. Makes 8 servings.

Nutrition Facts per Serving: 184 Calories 3g fat 1g sat. fat 132mg sodium 2g fiber
Source: Best Recipes Diabetic Cooking www.diabeticcooking.com

Use the Slow Cooker for...

Slow Cooker Butternut Squash Soup



Use a 4 qt. slow cooker; Cooking time is 6-10 hours.

2 cups onions, finely chopped
1/4 tsp. ground nutmeg
1 butternut squash (about 3 pounds), peeled and cubed
1/4 tsp. ground cloves
4 cups chicken broth
1/4 tsp. curry powder
1 cup apple sauce
Light sour cream to top, if desired

1/4 tsp. ground coriander
1/2 tsp. salt, optional
1/4 tsp. cinnamon
1/4 tsp. ground white pepper
3 Tbsp. vegetable oil

Heat vegetable oil in a large saucepan over medium until hot. Add onions and cook and stir 5 minutes, until transparent.

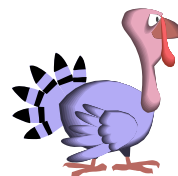
Move onions from saucepan to slow cooker. Add squash, chicken broth, applesauce, salt, pepper, nutmeg, cloves, curry powder, coriander, and cinnamon.

Cover and cook on Low for 4 to 6 hours (or on high for 2 to 3 hours). (If desired, in a food processor or blender, process in small batches until smooth. Return soup to the slow cooker.) Cook on Low for an additional 2 to 4 hours (or on high for 1/2 to 1 hour). Top individual bowls with sour cream, if desired. Makes 8 1-cup servings.

Nutrition Facts per Serving: 170 Calories (35% Calories from fat) 6g fat 1g sat. fat 7g fiber 60mg sodium
Provides 270% vitamin A needs & 70% vitamin C needs
Source: www.Crock-Pot.com

Quick Turkey Rice Soup

2 tsp. olive or vegetable oil
1 c. chopped onions
1 c. sliced fresh mushrooms
1 clove garlic, minced (or substitute 1/4 tsp. garlic powder)
1 15-ounce can diced tomatoes (No-Salt Added)
3 14-ounce cans reduced sodium chicken broth (or 5 1/4 cups homemade chicken stock)
1 10.75-oz. can reduced sodium cream of chicken soup
1 cup uncooked instant brown or white rice
2 cups frozen or fresh chopped broccoli
2 cups chopped cooked skinless turkey
1/2 teaspoon freshly ground pepper



**Great for
Thanksgiving
leftovers!**

Heat oil in large saucepan over medium-high heat. Add onions, mushrooms, and minced garlic; cook, stirring often, until onion is tender, about 5 minutes. Add tomatoes, broth, soup, rice, and garlic powder (if using). Cover and cook until rice is nearly tender, 15 to 20 minutes. Stir in the broccoli and turkey; return to boil. Reduce heat and simmer, partially covered, until broccoli is tender and turkey is heated through, about 5 minutes. Remove from heat; stir in pepper. Makes 6 servings, 1 1/2 cups each.

Nutrition Facts per Serving: 310 Calories 7g fat 2g sat. fat 510mg sodium 4g fiber
Source: EFNEP & Iowa State Extension

Pumpkin Soup

For convenience, this recipe calls for canned pumpkin, but fresh pumpkin could also be used.

2 tsp olive oil
1/2 cup chopped onion
2 celery stalks, chopped
2 garlic cloves, minced
1 tsp peeled, minced fresh ginger
2 tsp sugar
1/4 tsp ground nutmeg
pinch of cinnamon
salt (optional) and freshly ground black pepper, to taste

1 can (14.5-ounce) pumpkin
1 potato, peeled and cut into 1-inch cubes
4 cups vegetable or fat-free, reduced sodium chicken broth
1/4 cup nonfat sour cream
2 green onions, chopped

In a large stock pot, heat oil over medium-high heat. Add onion, celery, garlic, ginger and sugar and cook 4 minutes, until tender. Add nutmeg and cinnamon. Season with salt and pepper, to taste; stir to coat. Add pumpkin, potato and broth. Bring to a boil. Reduce heat to medium-low, partially cover and simmer 20 minutes, until pumpkin and potato are tender. Ladle soup into bowls and top each serving with sour cream and green onions. Makes 6 servings (1-1 1/4 cups each).

Source: American Institute for Cancer Research Newsletter

Nutrition Facts (per serving): 89 calories, 2g fat, 2g fiber, 409mg sodium

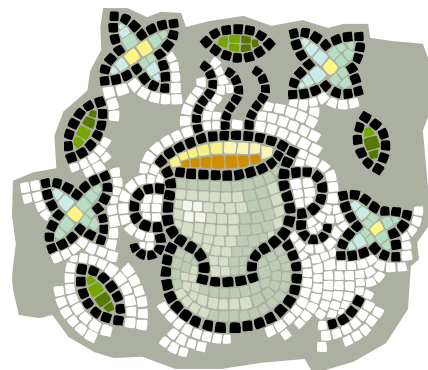
Althea's Beef Gumbo

1 lb. 90% lean ground beef
2 large onions, chopped
16 oz. frozen white corn kernels, thawed
15 oz. can stewed tomatoes, with juice
10 oz. package frozen sliced okra, thawed
2 Tbsp. chili powder
2 1/3 cups cooked rice

Brown ground beef and onion in a large soup pot or Dutch oven, stirring until the beef crumbles. Drain the beef, discarding the fat. Stir in the remaining ingredients except for the rice and bring the mixture to a boil over medium heat, stirring occasionally. Cover and reduce heat; simmer 20 minutes. Stir occasionally. Serve over 1/3 cup of rice. Makes 7 servings.

Nutrition Facts per Serving: 390 Calories (23% Calories from fat) 10g fat 3g sat. fat 200mg sodium 9g fiber

Source: American Diabetes Association for BodyWorks, US Dept. of Health and Human Services



White Bean Chicken Chili

- 1 lb. ground chicken
- 1 medium onion, chopped (1/2 cup)
- 2 tsp. finely chopped garlic
- 3 cups reduced-sodium chicken broth (or use homemade broth)
- 1 1/2 tsp. dried oregano leaves
- 1 tsp. ground cumin
- 1/8-1/4 tsp. ground red pepper (cayenne)
- 2 medium zucchini, chopped (about 3 cups)
- 2 15-oz. cans cannellini beans (or great northern beans), drained, rinsed
- 1 4.5-oz. can chopped green chiles
- 1/2 cup reduced-fat Monterey Jack cheese



In 4- or 5- quart Dutch oven or stock pot, cook ground chicken, onion and garlic over medium heat 5 to 7 minutes, stirring constantly, until chicken is no longer pink. Stir in all remaining ingredients, except cheese. Heat to boiling. Reduce heat; cover and simmer 10 minutes, stirring occasionally, until zucchini is tender. Remove from heat; stir in cheese until melted. Makes 6 servings, 1 1/3 cups each.

Nutrition Facts per Serving: 330 Calories 5g fat 2g sat. fat 730mg sodium 9g fiber
Source: Eat Better America www.eatbetteramerica.com

Velvety Pumpkin Soup

- 2 Tbsp. tub margarine
- 1 shallot, finely diced
- 1/2 tsp. cumin
- 1 15-oz. can pumpkin
- 2 c. reduced-sodium chicken broth (or homemade broth)
- 1/2 c. water
- 1/2 tsp. salt



In 4-qt. saucepot, melt margarine on medium-high. Add shallot: cook 30 seconds, stirring constantly. Add cumin; cook 1 minute, stirring frequently. Add pumpkin, broth, and water. Cover and heat to boiling on high. Stir in salt. Makes 4 servings, 1 cup each.

Nutrition Facts per Serving: 80 Calories (25 Cal. from fat) 3g fat 1g sat. fat 85mg sodium 3g fiber
Source: www.goodhousekeeping.com November 2010

Use the Microwave for...

Healthier Makeover Baked Potato Soup

4 large baking potatoes	6 green onions, chopped
1/2 c. butter	1 c. diced ham
1/2 c. flour	2 c. reduced-fat sharp cheddar cheese, grated
8 cups low fat (1%) milk	
1 garlic clove, minced	

For this recipe, you will make a ROUX (rhymes with *chew*), meaning flour and fat are combined in equal amounts over heat to form a thickener for sauces & soups.

Heat oven to 350°F and bake the potatoes until fork tender, about 1 hour to 1 hour 15 min. (Or bake potatoes beforehand or use the microwave directions below to “bake” potatoes faster). Allow potatoes to cool slightly.

Melt butter in a medium saucepan. Slowly blend in flour with a wire whisk until thoroughly blended. Cook the roux (flour & butter) until very pale golden, stirring constantly. Gradually add milk to the roux, then add garlic and salt and pepper, if desired. Whisk constantly.

Cut potatoes in half, scoop out the interior and set aside. Chop up half the potato peels and discard or refrigerate the remainder.*

When milk mixture is very hot, whisk in potato. Add green onion and potato peels. Whisk well, add ham. Heat thoroughly. Add cheese a little at a time until all is melted in. Makes 12 1-cup servings.

Nutrition Facts per Serving**: 320 Calories 15g fat 7g sat. fat 310mg sodium 2g fiber
Source: Adapted from allrecipes.com

“Baking” a potato in the microwave

Potatoes like to take their time to cook, both in the oven and the microwave. Tough potatoes have been cooked either too long or too fast. Follow time guide below.

Ovens vary so you will have to follow you oven’s guide or experiment with timing.

Small “new” potatoes	2-4 minutes per potato*
Medium potato	3-5 minutes per potato*
Large potato (all-purpose & sweet potatoes)	7-8 minutes per potato*

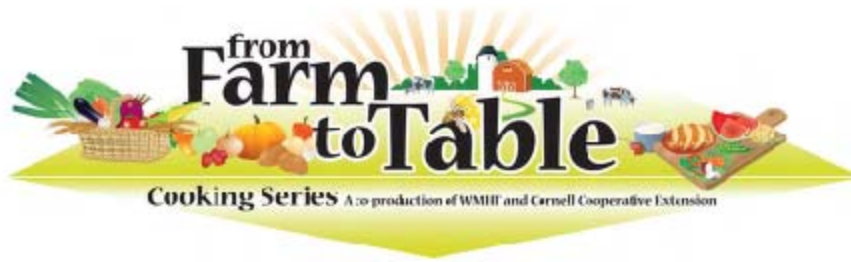
* Turn potatoes over and rotate during cooking.

It may help to cook potatoes until they give just slightly when pressed, then let them rest for 10 to 15 minutes. Just before serving, microwave a few minutes more or until tender. Using a cover over potatoes can help to promote even cooking and hold in heat.

* Use leftover potato skins within 3 to 5 days as a healthy snack. Toast skins with some cheese on top and serve with salsa and light sour cream. Potato skins have vitamins, minerals, and fiber.

**The original recipe contains bacon, more butter, whole milk, sour cream, and regular cheese and contains 756 Calories, 58g fat, 31g sat. fat, 755mg sodium, and 2g fiber per serving.

Cooking for One?
Freeze in single serving portions so you can take out what you need. This soup can be kept frozen for 2 months. To reheat, add milk or water and heat until VERY HOT (at least 165°F). Stir well.



Heartland Lamb Stew

“Root Vegetables Rock”

Yield: 8 servings

Serving Size: 1/8 of recipe

Ingredients:

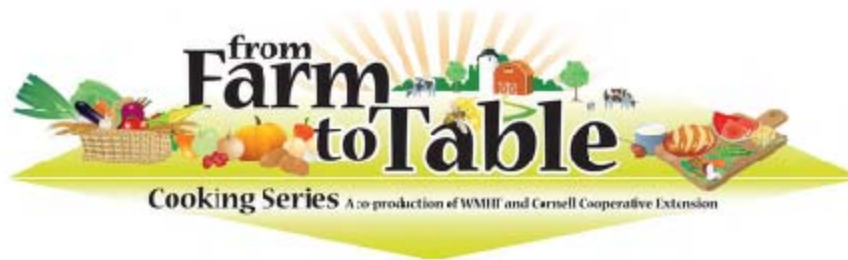
- 1-1 1/2 pounds lamb shoulder, cut into 1-inch pieces
- 2 tablespoons olive oil
- 1/4 cup all-purpose flour
- 1 tablespoon granulated sugar
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 medium onions, quartered
- 1 (16-ounce) can whole tomatoes in juice, cut in halves or quarters
- 2 cloves garlic, chopped
- 2 teaspoons chopped fresh rosemary
- 1/4 teaspoon ground cloves
- 2 cups water
- 6 medium potatoes, quartered
- 3 carrots, cut in thick slices
- 6 medium turnips, peeled and quartered

Directions:

Preheat oven to 350° F. In an oven proof pan with cover, brown lamb cubes in oil on medium high heat. In a small bowl, combine flour, sugar, salt and pepper. Sprinkle over lamb; stir well. Stir in onion, tomatoes, garlic, rosemary, cloves and water. Add potatoes, carrots and turnips. Bake, covered, 60 minutes or until meat and vegetables are tender.

(Each serving provides 389 calories, 91 calories from fat, 10.1 grams fat, 2.8 grams saturated fat, 77 mg cholesterol, 449 mg sodium, 45.8 grams carbohydrates, 8.7 grams fiber, 11.4grams sugar, 29.5 grams protein)

Source: www.americanlamb.com/recipes



Moroccan Chicken with Tomatoes and Honey

“Tasty Tomato Treats”

Yield: 4 servings

Serving Size: 1/4 of recipe

Ingredients:

- 1/4 teaspoon ground turmeric or saffron threads
- 2 tablespoons extra virgin olive oil
- 1 large onion, finely chopped
- 2 medium (1 1/2 pounds) skinless chicken breasts, with ribs, halved (cut into pieces)
- 2 1/2 pounds ripe plum tomatoes, peeled, seeded and chopped (see note)
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 3 tablespoons honey
- 1 teaspoon salt
- 4 cups cooked hot couscous

Directions:

(If using saffron threads, place in small bowl and add 2 tablespoons hot water. Let sit until saffron is dissolved, about 20 minutes before using).

Heat oil in large Dutch oven or deep pan over medium-high heat. Sauté onion until golden, about 6 minutes. Remove with slotted spoon and transfer to plate. Add chicken and sauté, turning frequently, until browned on all sides, about 8 minutes. Remove chicken to plate and set aside. Add 1/2 cup water to pan, scraping bottom with wooden spoon to loosen browned bits. Add tomatoes and cook until softened, about 8 minutes. Stir in turmeric (or saffron), cinnamon, ginger, honey and salt to taste. Return chicken and onion to pot. Cover tightly and gently simmer until chicken is very tender, about 50 minutes. Serve ladled over hot couscous.

Note: Three pounds (the equivalent of 48 ounces) canned peeled tomatoes, drained and chopped may be substituted.

(Each serving provides 507 calories, 9 grams fat, 1.5 grams saturated fat, 641 mg sodium, 72 grams carbohydrates, 6 grams fiber)

Source: American Institute of Cancer Research (AICR) [http:// www.aicr.org](http://www.aicr.org)

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