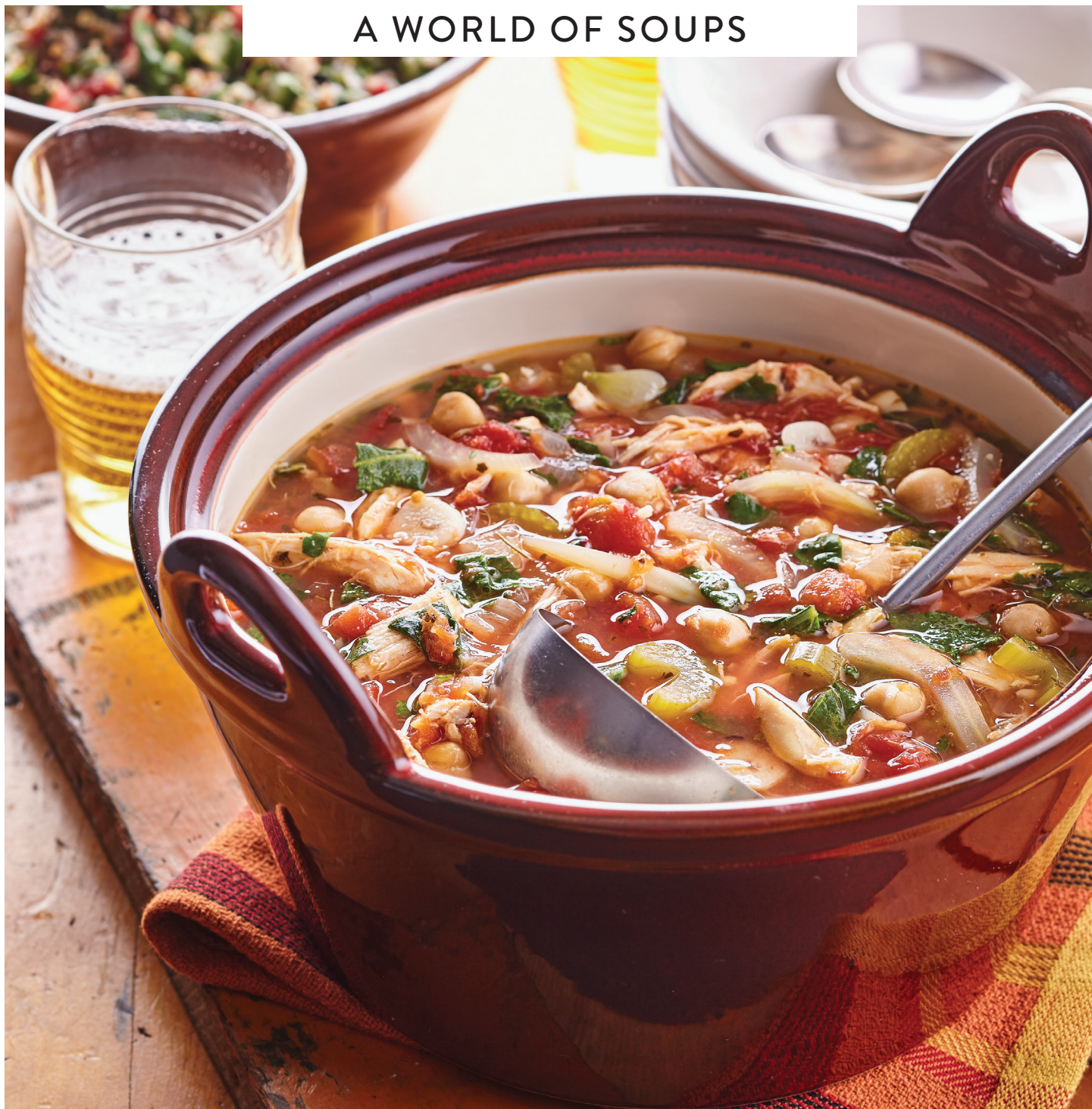


Take a flavorful journey with soups from far-off places. In this collection you'll find tantalizing recipes that are certain to keep dinner interesting and satisfy you and your family all season long.

CUISINE
AT HOME

A WORLD OF SOUPS





POTATO, ARUGULA & CANNELLINI BEAN SOUP

Makes 6 servings (10 cups) | Total time: 30 minutes

FOR THE CROUTONS, HEAT:

- 2 Tbsp. olive oil
- 4 cups cubed Italian baguette
- 1/4 cup grated Parmesan
- Salt and black pepper to taste

FOR THE SOUP, HEAT:

- 2 Tbsp. olive oil
- 2 cups diced onions
- 2 Tbsp. minced fresh rosemary
- 1 Tbsp. minced fresh garlic
- 1/2 cup dry white wine

STIR IN:

- 6 cups low-sodium chicken broth
- 1 lb. Yukon gold potatoes, cubed
- 1 can cannellini beans and liquid (15 oz.)
- 1 pkg. arugula (5 oz.)

Salt, black pepper, and red pepper flakes to taste
Extra-virgin olive oil

For the croutons, heat oil in a nonstick skillet over medium-high. Add baguette and cook until toasted, stirring, 4–5 minutes. Toss croutons with Parmesan; season with salt and black pepper.

For the soup, heat oil in a pot over medium. Add onions and cook until softened, 5 minutes. Add rosemary and garlic; cook 1 minute. Deglaze pot with wine; cook until evaporated, 3 minutes.

Stir in broth and potatoes; bring to a boil over medium-high heat. Reduce heat to medium and simmer soup until potatoes are fork-tender, 10–12 minutes. Stir in beans and arugula and simmer soup until arugula wilts, 2 minutes; season with salt, black pepper, and pepper flakes. Top servings with croutons and a drizzle of oil.

Per serving: 332 cal; 11g total fat (2g sat); 5mg chol; 345mg sodium; 43g carb; 7g fiber; 19g protein

Cannellini beans are Italian white kidney beans. They can be hard to find, but you can substitute great Northerns. For creaminess, be sure to add the canning liquid to the soup.

MOROCCAN BEEF & VEGETABLE SOUP

Makes 6 servings (12 cups) | Total time: about 2 hours

COMBINE:

- 2 Tbsp. all-purpose flour
- 1 tsp. *each* kosher salt and black pepper
- 1½ lb. boneless beef chuck roast, trimmed and cut into bite-sized pieces
- 3 Tbsp. olive oil, divided

SWEAT:

- 1 cup *each* diced onions and carrots

ADD:

- 2 Tbsp. minced fresh ginger
- 1 Tbsp. minced fresh garlic
- 1 Tbsp. tomato paste
- 2 tsp. ground cumin
- 1 tsp. ground coriander
- ¼ tsp. *each* ground cinnamon and cayenne pepper
- 6 cups low-sodium beef broth

- 1 can chickpeas (15 oz.), drained and rinsed

- 1 can crushed tomatoes (15 oz.)

STIR IN:

- 2 cups small cauliflower florets
- 1 cup diced zucchini
- 2 Tbsp. fresh lemon juice
- Chopped fresh cilantro

Combine flour, salt, and pepper in a bowl. Toss beef with flour mixture to coat.

Brown beef, in two batches, using 1 Tbsp. oil per batch, in a pot over medium-high heat. Transfer beef to a bowl.

Sweat onions and carrots in remaining 1 Tbsp. oil in same pot over medium heat until softened, about 8 minutes.

Add ginger, garlic, tomato paste, cumin, coriander, cinnamon, and cayenne; cook 1 minute. Stir in broth, chickpeas, and tomatoes. Add beef and any accumulated drippings. Cover pot, bring soup to a boil, then reduce heat to low, and simmer until beef is tender, about 1½ hours.

Stir in cauliflower and zucchini; cover pot and simmer soup until vegetables are crisp-tender, 10 minutes more. Add lemon juice; season soup with salt and pepper. Top servings with cilantro.

Per serving: 425 cal; 15g total fat (3g sat); 74mg chol; 775mg sodium; 33g carb; 4g fiber; 38g protein



Known for its use of ingredients like dried fruits, preserved lemons, cinnamon, coriander, and fresh herbs including mint, Moroccan cuisine is alluring in its blending of savory and sweet flavors.



INDONESIAN CHICKEN SOUP

Makes 6 servings (8 cups) | Total time: 45 minutes

HEAT:

- 2 Tbsp. coconut oil
- 1 cup sliced shallots
- 2 Tbsp. *each* minced fresh ginger and garlic

ADD:

- 6 cups low-sodium chicken broth
- 1 Tbsp. *each* fish sauce and light brown sugar
- 2 tsp. ground turmeric
- 1½ tsp. ground coriander
- 1 stalk lemongrass, halved lengthwise

STIR IN:

- 4 cups shredded cooked chicken
- 8 oz. fresh mung bean sprouts
- 1 Tbsp. fresh lime juice
- Salt and sambal oelek to taste

STIR IN:

- 1 cup *each* fresh cilantro and Thai basil leaves
- 3 hard-cooked eggs, sliced
- Cooked rice-stick noodles
- Sliced jalapeños *or* serrano chiles

Heat oil over medium-high. Add shallots, ginger, and garlic and cook until fragrant, 1–2 minutes.

Add broth, fish sauce, brown sugar, turmeric, coriander, and lemongrass; bring to a boil.

Reduce heat to medium and simmer soup 10 minutes.

Stir in chicken, bean sprouts, and lime juice; simmer 5 minutes. Discard lemongrass and season soup with salt and sambal.

Stir in cilantro and basil. Serve soup with noodles, eggs, and jalapeños.

Per serving: 297 cal; 11g total fat (6g sat); 172mg chol; 419mg sodium; 13g carb; 2g fiber; 37g protein



Sambal oelek is a popular Indonesian condiment that's spicy, so add a little at a time.

While a trip to tropical Indonesia may not be in the works, you can still savor their acclaimed soto ayam [SOH-toh ah-YAM]. Meaning chicken soup, it's served throughout the island nation.

CUISINE
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MEDITERRANEAN CHICKEN SOUP with baby kale

Makes 5 servings (10 cups) | Total time: 45 minutes

HEAT:

- 1 Tbsp. olive oil
- 1 cup sliced celery
- 1 cup thinly sliced fennel bulb
- 1 cup diced onions
- 5 cloves garlic, sliced
- 1 tsp. dried oregano
- 1/2 tsp. *each* dried rosemary and red pepper flakes

STIR IN:

- 4 cups low-sodium chicken broth
- 1 can petite diced tomatoes in juice (28 oz.)
- 2 cups shredded cooked chicken
- 1 dried bay leaf
- 1 Parmesan rind, *optional*

ADD:

- 3 cups chopped baby kale
- 1 can chickpeas (15 oz.), drained and rinsed
- Salt and black pepper to taste
- Grated Parmesan

Heat oil in a pot over medium-high. Add celery, fennel, and onions and cook until vegetables soften, 5 minutes. Add garlic, oregano, rosemary, and pepper flakes; cook until fragrant, 1 minute.

Stir in broth, tomatoes, chicken, bay leaf, and Parmesan rind. Bring soup to a boil, then reduce heat to low, and simmer 20 minutes.

Add baby kale and chickpeas, stirring to combine, and cook until heated through and kale wilts. Season soup with salt and pepper and serve with grated Parmesan.

Per serving: 284 cal; 6g total fat (1g sat); 48mg chol; 698mg sodium; 30g carb; 8g fiber; 26g protein

A big bowl of this Mediterranean-inspired soup is certain to hit the spot on even the coolest of nights. Loaded with vegetables, herbs, and chicken, it definitely makes a hearty meal.

CUISINE
AT HOME

FRENCH CHICKEN STEW with onions & tomatoes

Makes 4 servings | Total time: 1½ hours

SLICE:

- 1 large bulb garlic
- 3 Tbsp. olive oil, divided

HEAT:

- 4 Tbsp. unsalted butter, divided
- 1 whole chicken (3–4 lb.), cut into 8 pieces, and seasoned with salt and black pepper

ADD:

- 8 oz. button mushrooms, sliced
- 2 large red onions, sliced
- 1 large leek, sliced
- 1 Tbsp. chopped fresh garlic
- 1 Tbsp. tomato paste

DEGLAZE:

- 1½ cups dry white wine
- 1½ cups low-sodium chicken broth
- 1 can whole tomatoes (28 oz.), drained and chopped
- 1 sprig fresh tarragon
- 1 dried bay leaf

STIR IN:

- 1 Tbsp. cornstarch mixed with 1 Tbsp. cold water
- 1 Tbsp. whole-grain Dijon mustard
- 1 Tbsp. chopped fresh tarragon

Preheat oven to 425°.

Slice off top of garlic bulb. Place garlic on a piece of foil and pour 1 Tbsp. oil over cut surface; seal foil. Roast garlic until tender, 40 minutes. When cool enough to handle, squeeze garlic from bulb and mash with a fork.

Heat 2 Tbsp. butter and remaining 2 Tbsp. oil in a pot or Dutch oven over medium-high. Sauté chicken, in two batches, until golden, about 10 minutes total. Transfer chicken to a plate.

Add mushrooms to pot; sauté until browned, 5 minutes.

Add onions, leek, and fresh garlic; sauté until onions begin to soften, 3 minutes. Stir in tomato paste; cook 1 minute.

Deglaze pot with wine, scraping up any brown bits. Cook until wine reduces by half. Add broth, tomatoes, tarragon sprig, bay leaf, and chicken; bring to a simmer. Cook chicken partially covered, until tender and cooked through, about 40 minutes, stirring occasionally.

Discard tarragon sprig and bay leaf. Stir cornstarch slurry into soup and cook until soup has slightly thickened.

Stir in mustard, mashed roasted garlic, and chopped tarragon; season with salt and pepper.

Per serving: 895 cal; 57g total fat (19g sat); 203mg chol; 732mg sodium; 29g carb; 4g fiber; 48g protein





BRAT & SAUERKRAUT SOUP with spicy brown mustard

Makes 6 servings (10 cups) | Total time: 1 hour

SEAR:

- 1 pkg. uncooked Bratwurst, halved and sliced (19 oz.)
- 1 Tbsp. olive oil

ADD:

- 1 cup diced onions
- 1 cup sliced celery
- 1 lb. baby red-skinned potatoes, quartered
- 1 Tbsp. minced fresh garlic

DEGLAZE:

- 1 bottle dark German beer (11.2 oz.), such as Paulaner
- 4 cups low-sodium beef broth
- 1 tsp. *each* smoked paprika and caraway seeds
- 1 pkg. refrigerated sauerkraut (2 lb.), drained

OFF HEAT, STIR IN:

- 1/2 cup chopped fresh parsley
- 2 Tbsp. spicy brown mustard
- Salt and black pepper to taste

Sear brat slices in oil in a pot over medium-high heat until browned on both sides, about 4 minutes; transfer to a paper-towel-lined plate.

Add onions and celery to pot; cook 3 minutes. Stir in potatoes and garlic and cook until fragrant, 30 seconds.

Deglaze pot with beer, scraping up any brown bits. Stir in broth, paprika, and caraway seeds. Add brats and sauerkraut; bring soup to a boil. Cover pot and reduce heat to low. Simmer soup until potatoes are fork-tender, 30 minutes.

Off heat, stir in parsley and 2 Tbsp. mustard; season soup with salt and pepper. Top servings with additional mustard, if desired.

Per serving: 401 cal; 24g total fat (8g sat); 52mg chol; 1412mg sodium; 24g carb; 5g fiber; 15g protein



Beer adds another layer of flavor to this already flavorful soup. Use it to deglaze the pot.

What's better than brats with sauerkraut? A German-style soup packed with savory sausage, tangy cabbage, plus beer, potatoes, and some classic seasonings — that's what!

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GREEN CHILI with ground pork

Makes 4 servings (7 cups) | Total time: 35 minutes

CHAR:

3 Anaheim chiles

HEAT:

1 Tbsp. olive oil
1 cup diced white onions
1 Tbsp. minced fresh garlic
1 lb. ground pork
2 tsp. ground cumin
1 tsp. dried oregano

STIR IN:

2½ cups purchased salsa verde (such as Herdez)
½ cup low-sodium chicken broth
1 can white hominy (15.5 oz.), drained and rinsed
¼ cup minced fresh cilantro
1 Tbsp. fresh lime juice
Salt to taste

Shredded Monterey Jack cheese, sliced jalapeños, and tortilla chips

Char Anaheims over a gas flame or under a broiler until blackened on all sides; transfer to a bowl and cover with plastic wrap. When cool enough to handle, peel, seed, and dice Anaheims.

Heat oil in a pot over medium until shimmering. Stir in onions and garlic; sweat, partially covered, 5 minutes. Add pork, cumin, and oregano; cook, partially covered, until pork is browned, 7–8 minutes, crushing with a potato masher until fine.

Stir in salsa and broth; simmer 5 minutes. Stir in hominy, cilantro, lime juice, and Anaheims; season chili with salt.

Top servings with cheese and jalapeños; serve with chips.

Per serving: 512 cal; 31g total fat (10g sat); 82mg chol; 1520mg sodium; 32g carb; 4g fiber; 22g protein



When you're looking for something warm and comforting, chili is it. Purchased Mexican salsa verde makes things come together in a snap, and adding roasted Anaheims ups the flavor ante.

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