



GIHC5

GLOBALLY INSPIRED HOME COOKING

Soups and Stews – Simmering Flavors Across the Globe

Time: 75 Minutes (1 recipe prepared); 95 Minutes (2 recipes prepared)

Soups and stews can be packed with nutritious ingredients like vegetables, whole grains and lean proteins. Learn how you can make a one-pot meal that will fill you up and contribute to a healthier eating pattern. Discover how various countries make soups and stews their own with unique preparations.

OBJECTIVES:

Describe two nutritional benefits of making your own soups and stews.

List three healthy cooking tips for soups and stews.

Describe cooking traditions for soups.

SETUP

- Review the resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up demo station with the necessary activity resources.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (20 Minutes)

- Ask participants if they have a favorite soup or stew. **(Let a few participants share.)**
- Demonstrate content (see demo script). Play both videos as indicated in script.

ACTIVITY (20–40 Minutes)

- The class will divide into two groups. Each will prepare the same or a different soup recipe.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste the healthy soup or soups. Ask each participant to share one learning from the lesson.

GOAL SETTING/CLOSING (15 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimers before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative. We are proud to be working together to help improve the health of all Americans.

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Soups and Stews – Simmering Flavors Across the Globe Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Vegetable-Barley Soup](#)
- Video – [How to Cook Dried Beans](#)
- Video – [How to Cook Whole Grains](#)
- Article – [The Benefits of Beans and Legumes](#)

Find these resources in this lesson

- Handout - [Whole Grain versus Refined Grain](#)
- Handout - [The Salty Six Infographic](#)
- Recipe – [Rustic Italian Tomato Soup](#)
- Recipe – [Vegetable-Barley Soup](#)
- Handout – [World Map – Soup and Stew Recipes Inspired by Global Flavors](#)
- Handout – [Soup and Stew Recipes for Globally Inspired Home Cooking](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

DEMO SUPPLIES

- Samples of whole grains: a small bowl of bulgur and a small bowl of quinoa. Samples of dried beans: black beans and Great Northern beans in small bowls. Please reference the demo script for the timing on passing these around.

ACTIVITY INGREDIENTS* AND SUPPLIES**

For Rustic Italian Tomato Soup

- 1 16-ounce package frozen mixed bell pepper strips (may be labeled stir-fry mix)
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1¾ cups fat-free, low-sodium chicken broth
- ½ 15.5-ounce can no-salt-added navy beans, rinsed and drained
- 3 tablespoons chopped fresh basil leaves or 3 teaspoons dried basil, crumbled
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley, crumbled
- 1 tablespoon balsamic vinegar
- ½ teaspoon dried oregano, crumbled
- 1 medium garlic clove, minced
- ⅛ to ¼ teaspoon crushed red pepper flakes
- 1 tablespoon olive oil (extra virgin preferred)
- ¼ teaspoon salt
- Can opener (for canned tomatoes and beans)
- Measuring cup
- Chef's knife or paring knife
- Measuring spoons
- Electric burner
- Food processor or blender
- Large saucepan with a lid
- Large spoon (for stirring while cooking)
- Ladle

For Vegetable-Barley Soup

- Cooking spray
- 1 teaspoon olive oil
- ½ medium onion, chopped
- ½ medium rib of celery, chopped
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1½ cups frozen mixed vegetables
- 1½ cups fat-free, low-sodium vegetable broth
- 1 cup chopped kale
- ½ cup water
- ¼ cup uncooked quick-cooking barley
- ½ teaspoon dried basil, crumbled
- ½ teaspoon dried oregano, crumbled
- ⅛ teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese
- Measuring spoons
- Chef's knife or paring knife
- Can opener (for the tomatoes)
- Measuring cup
- Large Dutch oven with a lid
- Large spoon (for stirring while cooking)
- Ladle
- Bowls (for tasting the soup or soups)
- Soup spoons (for tasting the soup or soups)

**Rustic Italian Tomato Soup recipe serves 4 people and Vegetable-Barley Soup recipe serves 4 people; please multiply ingredients as necessary for your participants.*

***Purchase appropriate number of supplies for your participants. Participants will divide into 2 teams and share supplies and ingredients.*

Soups and Stews – Simmering Flavors Across the Globe Demo Script



SAY:

Soups and stews are a source of comfort and nourishment around the world. They're literally a melting pot, bringing flavors, cultures and people together. It's difficult to determine when the first soups or stews were created. The earliest versions were water-based and contained wild plants that were readily available, including grains, beans and roots. Those were combined with meat and bones from animals that had been hunted. Heated rocks were thought to have provided the cooking power. It's interesting that some of the early ingredients were the same ones we use in soups and stews today: grains and vegetables, like root vegetables and beans.

Show the video: [Vegetable-Barley Soup](#).



Soups, such as [Vegetable-Barley Soup](#), or stews can be healthy, filling, one-pot meals. We'll discuss ingredients to include that will add important nutrients to your eating plan. There's not much difference between soups and stews. Technically, soups have more broth and stews have less.

WHOLE GRAINS



SAY:

Let's talk about whole grains first. Most cultures are familiar with grains cooked in broth. The cooking process lets the liquid soften the grains while the starch from the grains thickens the liquid. Whole grains are a perfect way to add nutrients to soups and stews. Use whole-grain pasta, brown rice, hulled barley, corn, quinoa, bulgur and wheat berries. Or cook some unusual ancient grains, like amaranth or farro. Try to have half the grains you eat be whole grains.



Whole grains have all three parts of the grain—the bran, germ and endosperm. All those parts contribute important nutrients, including B-vitamins, iron and dietary fiber (more about fiber in just a moment!). Choose whole grains over refined grains whenever you can.



What are refined grains? They're milled grains that have had the bran and germ removed. The refining process takes away much of the B-vitamins, iron, and dietary fiber. Most refined grains are enriched, so some of the vitamins and iron are added back after processing, but fiber is not. So, with refined grains, you're not getting the full range of nutrition that you get with whole grains.

Hold up the whole grain versus refined grain infographic to illustrate what you've been describing.



Examples of Whole Grains



Bulgur: Made from wheat kernels that have been steamed, dried and coarsely broken or ground into grain, bulgur has a nutty flavor and texture. It is known as Middle Eastern pasta and is the main ingredient in tabbouleh.



Quinoa: Grown in South America, this ancient grain, which is gluten-free (be sure to buy quinoa that's labeled or certified as gluten-free), can be used as a cereal and in baked goods, desserts, salads and, of course, in soups. Rinse and drain quinoa several times before using it to remove its bitter coating. Quinoa is fully cooked when it's tender and a tiny, curled white thread emerges from the grain.

If you have them, pass around a small bowl of bulgur and a small bowl of quinoa for the participants to see.



Whole grains have dietary fiber. Eating whole grains as part of a heart-healthy diet and lifestyle may help reduce your blood cholesterol levels and may lower your risk of heart disease and even Type 2 diabetes.



Whole grains may help with weight loss and maintenance. They make you feel full longer, so you might not want to consume as many calories.



Let's watch this video about cooking whole grains.

Show the video: [Cooking Whole Grains](#).

Soups and Stews Demo Script (Continued)



BEANS

SAY:

Now, we'll talk about beans. Every plant we eat has at least a little bit of protein in it. Some have a lot—like beans, also called legumes! The term “legumes” refers to a large family of plants, which includes lentils, peanuts, peas, and all kinds of beans, like soybeans. Legumes are rich in protein. Beans and all legumes offer certain health benefits that animal proteins don't.

- Beans are high in minerals without the saturated fat found in animal proteins.
- Beans as part of a heart-healthy eating pattern and lifestyle may help reduce your blood cholesterol levels and may lower your risk of heart disease.
- Beans are a great source of dietary fiber. Dietary fiber refers to the parts of the plant that your body can't digest. Adding beans to your diet may help with weight management. The dietary fiber in beans may help you feel full longer, so you may eat fewer calories.



Beans in Soups and Stews

When you're choosing beans for your soup or stew, fresh, frozen, canned or dried all can be healthy choices. For canned beans, remember that sodium is usually added to preserve them. Look for no-salt-added or low-sodium canned beans. Compare the sodium content on the Nutrition Facts label and select the product with the lowest amount. Rinse canned beans and drain them well before adding them to your dish. This process will freshen them up a bit and reduce their sodium even more.



Using dried beans in soups and stews is one of the least expensive ways to add protein and nutrients at pennies per pound. Dried beans can also help you control the sodium in your diet. Remember that 2 cups of dried beans equal 6 cups of cooked beans (or 4 cans of canned beans).



The long soak method of rehydrating dried beans uses three times as much water as beans. Soak for 8 to 12 hours at room temperature. The quick soak method uses 5 cups of water for every 1 cup of dried beans. Bring the water and beans to a boil. Boil for 3 minutes. Cover and remove from the heat. Let stand for 1 hour.



When you're cooking dried beans, you're already on your way to making soup or stew! The rich broth from rehydrated beans can be used as a base for a delicious one-pot meal.



In addition, dried beans will be firmer and have creamier insides than canned beans. Because you season them from the start, they'll taste much fresher.



Examples of Dried Beans

Black Beans: Popular in Mexico and Central and South America, these beans make a savory soup. They're also known as turtle beans. Black beans contain magnesium, iron, and calcium. Magnesium helps with bone formation as well as helping nerves and muscles to function.



Great Northern Beans: White in color and about the same size as lima beans, Great Northern beans have a mild, nutty flavor. They're widely available in dried form. Mix them with rice or use them in soups, stews and baked beans. These beans are a good source of iron, which helps form healthy red blood cells.

If you have them, pass around a small bowl of dried black beans and a small bowl of dried Great Northern beans for the participants to see.



Let's watch this video about cooking dried beans.

Show the video: [How to Cook Dried Beans.](#)

Soups and Stews Demo Script (Continued)



VEGETABLES

SAY:

Everyone enjoys cooking a soup or stew that has a variety of vegetables. Some of our favorite soups honor one particular vegetable: tomato, broccoli, carrot, pea, butternut squash, pumpkin and cabbage. Eating 2 to 2½ cups of vegetables every day as part of an overall healthy eating pattern is recommended and may:

- reduce your risk for cardiovascular disease and stroke
- reduce the risk of some cancers, such as colon cancer
- reduce the risk of chronic health issues, such as diabetes
- help you to manage your blood pressure
- help you to manage your weight
- support healthy digestion



Soups and stews are an ideal way to take in extra vegetables! Vegetables enrich the flavor and thicken the texture, as well as adding enticing color. Use them in soups and stews to help you reach your daily goals.



LOWER YOUR SODIUM INTAKE

SAY:

Eating too much sodium can raise your blood pressure, which is a risk factor for heart disease and stroke. Packaged and prepared foods, like canned soups, lunch meats and frozen dinners, often have sodium added during manufacturing.



Canned soup is one of six popular foods that can add high levels of sodium to your diet. (The others are breads and rolls; pizza; sandwiches; cold cuts and cured meats; and burritos and tacos.) The sodium in one cup of canned soup can range from 100 to 940 milligrams. The American Heart Association recommends a limit of no more than 2,300 milligrams of sodium per day and an ideal limit of

no more than 1,500 milligrams per day for most adults. So, preparing your own soup at home is a smart way to control the amount of sodium you eat. Plus, you can increase your intake of whole grains and all types of vegetables.



SOUPS AND STEWS AROUND THE WORLD

SAY:

Let's go over some of the ways soups and stews are prepared around the world.



In North America: Americans look to *Chicken Noodle Soup* when they're getting a cold or feeling under the weather. Another popular American soup is *Clam Chowder*, which pays tribute to New England's fishing industry. Virginians favor *Brunswick Stew*, which is made with smoked meat and vegetables like lima beans and okra. In the southwest, *Tortilla Soup* (or *Chicken-Tortilla Soup*) is a spicy and beloved favorite. Cuba's national dish is *Ropa Vieja* (which means "old clothes" in Spanish), a stew made with shredded meat and plantains.





In Mexico, Central, and South America: Mexicans enjoy *Squash Blossom Soup* (called *Crema de Flor de Calabaza*), which is made with the orange flowers of the squash plant. The national dish of Ecuador is *Encebollado*, a fish soup that's loaded with pickled onions. South Americans who live along the Andes Mountains eat a rich soup made from potatoes and cheese that's known as *Locro de Papa*.



In Europe: The French are famous for *Bouillabaisse*, a stew from Provence that contains a wide variety of seafood. *Irish Stew* is a culinary classic made with lamb or mutton and potatoes. In Portugal, *Feijoada Completa*, a meaty black bean and rice stew, is considered a feast and is accompanied by many side dishes, including sautéed greens and orange slices. The Portuguese also serve *Caldo Verde*, a soup made with cabbage and garlicky sausage.


Soups and Stews Demo Script (Continued)


 **In Africa:** Zambians use pounded millet to make porridge. In West Africa, every country has its own recipe for peanut (or ground nut) soup. Ethiopians cook a spicy chicken stew, called *Doro Wot*, which is served with *injera* – a spongy bread. Ethiopian lentil stew is called *Misir Wot*.

 **In Asia:** The Japanese are partial to *Miso Soup*, made from a seasoning paste of fermented grains. *Khao Tom Gung*, or rice soup with shrimp, is served for breakfast in Thailand.

Divide participants into groups to practice making Rustic Italian Tomato Soup and/or Vegetable-Barley Soup.

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)

 **SAY:** Today, we are going to make Rustic Italian Tomato Soup and/or Vegetable-Barley Soup. The Rustic Italian Tomato Soup has balsamic vinegar to sweeten the tartness of the tomatoes. The Vegetable-Barley Soup is the perfect way to fit in whole grains and an extra serving of veggies.

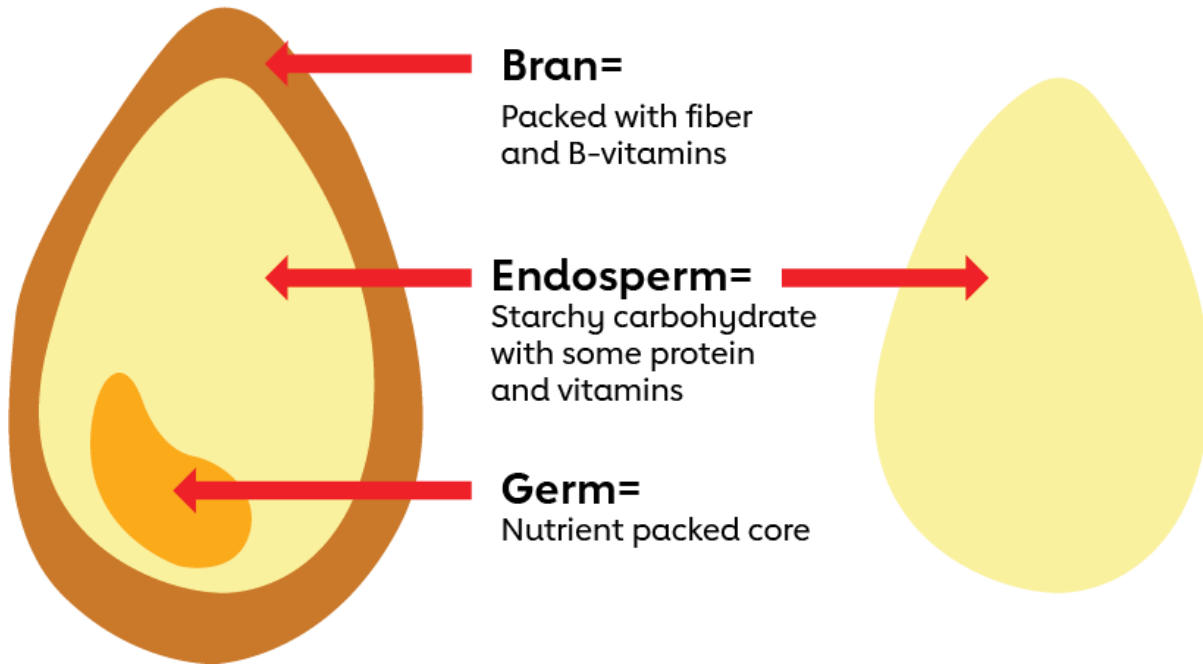
 Once everyone has finished making their soup, we'll taste what we've created.

Whole Grain vs. Refined (White) Grain

Whole Grain

vs.

Refined (White) Grain





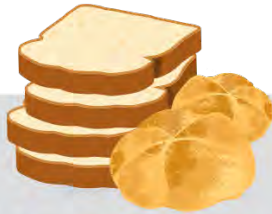
DID YOU KNOW?

These six popular foods can add high levels of sodium to your diet.

As part of a healthy dietary pattern that emphasizes the intake of vegetables, fruits, nuts, whole grains, lean vegetable or animal protein, and fish and minimizes the intake of trans fats, red meat and processed red meats, refined carbohydrates, and sugary drinks, the American Heart Association recommends 2,300 milligrams (mgs) or less a day of sodium.*



Daily suggested sodium referenced below is based on 2,300 mgs/day recommendation:



BREADS & ROLLS

Some foods that you might eat throughout the day, such as bread, can add up to a lot of sodium even though each serving may not seem high in sodium.

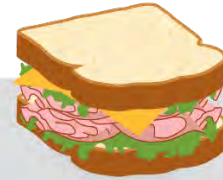
1



PIZZA

A slice pepperoni pizza can contain almost a third of your daily recommended dietary sodium. Try swapping in veggies to your next slice.

2



SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

3



COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as a third of your daily recommended dietary sodium. Build a sandwich with fresh vegetables such as lettuce, tomatoes, avocados, and bell peppers.

4



SOUP

Sodium in one cup of canned soup of the same variety can range from 49 to 830 milligrams — more than a third of your daily recommended intake. Check the labels to find lower sodium varieties.

5



BURRITOS & TACOS

Taco toppings and burrito fillings can pack a big sodium punch. Choose burritos and tacos that are full of veggies and lean sources of protein.

6



Compare labels whenever possible and choose options with the lower amounts of added sugars, sodium and saturated fat and no trans fat and look out for the Heart-Check mark, a simple tool to help you eat smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern, including sodium.

*Also, remember serving size makes a difference. Eating double the serving size means you are eating double the sodium. 1,500 mg/d for those who are sensitive to sodium and /or at high risk for hypertension.

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Makes 4 servings; 1 cup per serving
Per serving: 136 Calories; 0.5 g Saturated Fat; 215 mg Sodium



INGREDIENTS

- 1 16-ounce package frozen mixed bell peppers strips (may be labeled stir-fry mix)
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 14.5-ounce can fat-free, low-sodium chicken broth
- ½ 15.5-ounce can no-salt-added navy beans, rinsed and drained
- 3 tablespoons chopped fresh basil leaves
- 2 tablespoons chopped fresh parsley
- 1 tablespoon balsamic vinegar
- ½ teaspoon dried oregano, crumbled
- 1 medium garlic clove, minced
- ⅛ to ¼ teaspoon crushed red pepper flakes
- 1 tablespoon olive oil (extra virgin preferred)
- ¼ teaspoon salt

DIRECTIONS

1. In a food processor or blender, process the bell peppers, tomatoes with liquid, broth, beans, basil, parsley, vinegar, oregano, garlic, and red pepper flakes until slightly chunky or smooth. Pour into a large saucepan.
2. Bring to a boil over high heat. Reduce the heat and simmer, covered, for 20 minutes, or until the flavors are blended. Remove from the heat.
3. Stir in the oil and salt. Ladle into soup bowls.

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Vegetable-Barley Soup

Makes 4 servings; 1¼ cups per serving
Per serving: 115 Calories; 0.5 g Saturated Fat; 71 mg Sodium



INGREDIENTS

- Cooking spray
- 1 teaspoon olive oil
- ½ medium onion, chopped
- ½ medium rib of celery, chopped
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1½ cups frozen mixed vegetables
- 1½ cups fat-free, low-sodium vegetable broth
- 1 cup chopped kale
- ½ cup water
- ¼ cup uncooked quick-cooking barley
- ½ teaspoon dried basil, crumbled
- ½ teaspoon dried oregano, crumbled
- ⅛ teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

DIRECTIONS

1. Lightly spray a large Dutch oven or large soup pot with cooking spray. Add the oil, swirling to coat the bottom. Cook the onion and celery over medium-high heat for about 3 minutes or until the onion is soft, stirring frequently. Stir in the garlic. Cook for 10 seconds. Stir in the remaining ingredients except the Parmesan. Bring to a boil. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is tender.
2. Ladle the soup into bowls. Sprinkle with the Parmesan.

Cook's Tip: Look for bags of washed and chopped kale in the produce section of your supermarket.

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Soup and Stew Recipes Inspired by Global Flavors



Soup and Stew Recipes for Globally Inspired Home Cooking

- ❑ Cod and Clam Chowder (**New England, U.S.A.**)
- ❑ Three Sisters Soup (**U.S.A.**)
- ❑ Caribbean Pink Bean Soup (**Puerto Rico**)
- ❑ Tomatillo-Chicken Stew (**Mexico**)
- ❑ Colombian Cream of Avocado Soup (**Colombia**)
- ❑ Greek Egg and Lemon Soup (**Greece**)
- ❑ Egyptian Ful (Bean Stew) (**Egypt**)
- ❑ Thai Sweet Potato Soup (**Thailand**)
- ❑ Japanese Udon Noodle Soup with Tofu (**Japan**)
- ❑ Creamy Pumpkin Soup (**Australia**)

Cod and Clam Chowder (New England, U.S.A.)

Makes 4 servings; 1½ cups per serving
Per serving: 236 Calories; 0.5 g Saturated Fat; 487 mg Sodium

Slow cooker size/shape:

3- to 4 ½-quart round or oval

Slow cooking time:

- 7 hours 40 to 45 minutes on LOW plus 20 minutes on LOW, **OR**
- 3 hours 45 to 50 minutes on HIGH plus 10 minutes on HIGH

INGREDIENTS

- ❑ 1 6.5-ounce can chopped clams in clam juice (lowest sodium available)
- ❑ 2 medium russet potatoes (about 10 ounces total), peeled and shredded
- ❑ 1 medium red bell pepper, diced
- ❑ 1 8-ounce bottle clam juice (lowest sodium available)
- ❑ 1 cup fat-free, low-sodium chicken broth
- ❑ 1½ medium ribs of celery, cut crosswise into ¼-inch slices
- ❑ 1 medium dried bay leaf
- ❑ 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme, crumbled
- ❑ ⅛ teaspoon pepper
- ❑ 2 teaspoons olive oil
- ❑ 3 medium carrots, cut crosswise into ¼-inch slices
- ❑ 1 cup chopped onion
- ❑ 1 medium garlic clove, minced

- ❑ 12 ounces cod or other mild white fish fillets, about 1 inch thick, rinsed and patted dry, cut into 1-inch cubes
- ❑ ½ cup fat-free half-and-half

DIRECTIONS

1. Drain the clams, pouring the juice into the slow cooker. Put the clams in an airtight container and refrigerate until needed. Add the potatoes, bell pepper, bottled clam juice, broth, celery, bay leaf, thyme, and pepper, stirring to combine. Set aside.
2. In a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the carrots and onion for 5 minutes, or until the onion is soft, stirring frequently. Stir in the garlic. Cook for 30 seconds, stirring constantly. Stir into the potato mixture. Cook, covered, on low for 7 hours 40 to 45 minutes or on high for 3 hours 45 to 50 minutes.
3. About 20 minutes before the end of the cooking time if using the low setting, or 10 minutes if using the high setting, quickly stir in the fish and reserved clams and re-cover the slow cooker. Cook on low for 20 minutes or on high for 10 minutes, or until the fish flakes easily when tested with a fork.
4. Pour in the half-and-half, gently stirring for 2 to 3 minutes, or until heated through. Discard the bay leaf.

Cook's Tip: The starch in potatoes is a natural thickening agent for long-cooking soups. Raw potatoes can be used to thicken slow cooker soups, but potatoes used to thicken soups cooked on the stovetop need to be cooked first.

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Three Sisters Soup (U.S.A.)

Makes 6 servings; generous 1½ cups per serving
Per serving: 145 Calories; 0.0 g Saturated Fat; 87 mg Sodium

INGREDIENTS

- ❑ 6 cups fat-free, low-sodium chicken or vegetable broth
- ❑ 16 ounces canned, low-sodium, whole-kernel yellow corn, rinsed and drained
- ❑ 16 ounces canned, low-sodium red kidney beans, rinsed and drained
- ❑ 1 small onion, chopped
- ❑ 1 medium rib of celery, chopped
- ❑ 15 ounces canned solid-pack pumpkin (not pie filling)
- ❑ 5 fresh sage leaves or ½ teaspoon dried sage
- ❑ ½ teaspoon curry powder

DIRECTIONS

1. In a large stockpot or Dutch oven, bring the chicken broth to a slow boil over medium-high heat.
2. Stir in the corn, kidney beans, onion, and celery. Boil for 10 minutes, stirring occasionally.
3. Stir in the pumpkin, sage leaves, and curry powder. Reduce the heat and simmer over medium-low heat for 20 minutes, stirring occasionally.

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Caribbean Pink Bean (*Habichuelas Rosadas a la Caribeña*) Soup (Puerto Rico)

Makes 16 servings; 1 cup per serving
Per serving: 124 Calories; 0.0 g Saturated Fat; 14 mg Sodium

INGREDIENTS

- ❑ 1 pound dried pink, pinto, or light red kidney beans, sorted for stones and shiveled beans, rinsed, and drained
- ❑ 8 cups water
- ❑ 1 28-ounce can no-salt-added crushed tomatoes, drained
- ❑ 1 medium red bell pepper, finely chopped
- ❑ 1 small white onion, finely chopped
- ❑ 2 tablespoons chopped fresh cilantro
- ❑ 2 tablespoons chopped fresh parsley
- ❑ 6 medium garlic cloves, minced, or 3 teaspoons bottled minced garlic

DIRECTIONS

1. Soak the beans overnight using the package directions.
2. Rinse and drain the beans in a colander. Transfer to a large stockpot. Pour in the water. Bring to a boil over medium heat. Cook for 1 hour 30 minutes, or until the beans are soft, stirring occasionally.
3. Stir in the remaining ingredients. Cook for 20 minutes, still over medium heat, stirring occasionally.

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INGREDIENTS

- ❑ 2 teaspoons olive oil
- ❑ 1¼ pounds boneless, skinless chicken thighs, all visible fat discarded, cut into 1½-inch pieces
- ❑ 1 large onion, coarsely chopped
- ❑ 5 large garlic cloves, minced
- ❑ 2 medium Anaheim peppers, seeds and ribs discarded, chopped
- ❑ 1 large red bell pepper, chopped
- ❑ 12 ounces medium tomatillos, papery husks discarded, chopped
- ❑ 1½ cups fat-free, low-sodium chicken broth
- ❑ 1 tablespoon ground cumin
- ❑ 9 ounces frozen whole-kernel corn
- ❑ 3 tablespoons to ¼ cup masa harina
- ❑ ½ cup chopped fresh cilantro

DIRECTIONS

1. In a Dutch oven, heat the oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 5 to 8 minutes, or until lightly browned, stirring occasionally. (Be sure to let the chicken sear before stirring.)
2. Reduce the heat to medium. Cook the onion for 3 to 4 minutes, or until beginning to soften, stirring frequently. Stir in the garlic. Cook for 30 seconds, stirring constantly. Stir in the Anaheim peppers and bell pepper. Cook for 3 minutes, or until beginning to soften, stirring frequently. Stir in the tomatillos, broth, and cumin. Increase the heat to high and bring to a boil, covered. Reduce the heat and simmer, partially covered, for 20 minutes, stirring occasionally.
3. Stir in the corn. Simmer, partially covered, for 10 minutes, or until the chicken is no longer pink in the center and the vegetables are tender.
4. Put the masa harina in a small bowl. Whisk in about ¼ cup of the broth from the stew to create a thick paste. Stir the masa harina mixture into the stew. Simmer for 5 minutes, or until the stew is slightly thickened. Stir in the cilantro. Serve the stew in shallow bowls.

Cook's Tip on Tomatillos: Tomatillos look like small green tomatoes, but they have a tangy, slightly acidic taste. Choose hard-fleshed fruit. Discard the husks and wash the tomatillos well before using them. To store them, leave the husks on and refrigerate the tomatillos in a paper bag for up to one month.

Cook's Tip: Masa harina is available in Hispanic specialty markets and in the Hispanic aisle of most supermarkets. If it's unavailable, you can substitute one finely chopped 6-inch corn tortilla or ¼ cup crushed baked unsalted corn tortilla chips. Stir the tortilla pieces or crushed chips right into the stew to thicken it.

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Colombian Cream of Avocado Soup (Colombia)

Makes 8 servings; $\frac{3}{4}$ cup per serving
Per serving: 149 Calories; 1.5 g Saturated Fat; 116 mg Sodium

INGREDIENTS

- ❑ 3 medium avocados, halved and pitted
- ❑ 1 cup light silken tofu, drained and patted dry
- ❑ $\frac{1}{2}$ cup fat-free milk or fat-free, low-sodium vegetable broth and (as needed) $\frac{1}{4}$ cup fat-free milk or fat-free, low-sodium vegetable broth, divided use
- ❑ 2 tablespoons fresh lime juice
- ❑ $\frac{1}{4}$ teaspoon salt
- ❑ $\frac{1}{8}$ teaspoon pepper
- ❑ $\frac{1}{4}$ cup fat-free sour cream
- ❑ $\frac{1}{4}$ to $\frac{1}{2}$ cup chopped fresh cilantro or fresh chives (optional)
- ❑ 2 medium limes, cut into 4 wedges (optional)

DIRECTIONS

1. In a food processor or blender, process the avocados, tofu, $\frac{1}{2}$ cup milk, lime juice, salt, and pepper until smooth, adding the remaining $\frac{1}{4}$ cup milk if the soup is thicker than the desired consistency.
2. Pour the soup into bowls. Top each with $1\frac{1}{2}$ teaspoons sour cream. Garnish with the cilantro and lime wedges. Serve immediately.

Cook's Tip: Since the avocado in this recipe is puréed, it doesn't have to be perfectly ripe.

Keep It Healthy: The silken tofu in this recipe stands in for heavy cream, creating creaminess without the saturated fat. Use silken tofu as a substitute for heavy cream in other creamy soup recipes as well.

Tip: Although this soup is best served immediately, it can be covered and refrigerated to serve later. However, because there's not much acid in the soup, it will turn brown when refrigerated, even if only for a few hours, so be sure to stir it before serving.

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Greek Egg and Lemon Soup (Avgolemono) (Greece)

Makes 4 servings; generous 1 cup per serving
Per serving: 57 Calories; 0.0 g Saturated Fat; 120 mg Sodium

INGREDIENTS

- ❑ 4 cups fat-free, low-sodium chicken broth
- ❑ $\frac{1}{4}$ cup uncooked instant brown rice
- ❑ $\frac{3}{4}$ cup egg substitute, at room temperature
- ❑ $\frac{1}{4}$ cup fresh lemon juice (about 1 large lemon)

DIRECTIONS

1. In a medium saucepan, bring the broth to a boil over medium-high heat.
2. Stir in the rice. Reduce the heat and simmer, covered, for 15 to 20 minutes, or until the rice is tender. Remove from the heat.
3. In a medium bowl, whisk together the egg substitute and lemon juice. Gradually whisk about half the broth into the egg substitute mixture. Pour the egg substitute mixture back into the remaining broth, whisking well. Return the pan to the heat.
4. Cook over low heat for 4 to 5 minutes, or just until the soup has thickened, whisking constantly but lightly. Don't let the soup boil.

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Egyptian Ful (Bean Stew) (Egypt)

Makes 4 servings; 1 heaping cup per serving
Per serving: 330 Calories; 1.0 g Saturated Fat; 166 mg Sodium

INGREDIENTS

- ❑ 2 cups dried fava beans or dark red kidney beans, sorted for stones and shiveled beans, rinsed, and drained
- ❑ 2 tablespoons olive oil
- ❑ 1 tablespoon ground cumin
- ❑ 3 medium garlic cloves, minced
- ❑ 1 small bunch Italian (flat-leaf) parsley, chopped
- ❑ 1 tablespoon fresh lemon juice
- ❑ ¼ teaspoon salt

DIRECTIONS

1. In a medium, heavy saucepan, soak the beans for 8 hours in cold water to cover by at least 2 inches. Change the water several times, if possible. Rinse and drain the beans in a colander. Return them to the pan. Pour in fresh water to cover. Stir in the oil, cumin, and garlic. Simmer, covered, for 45 minutes, or until the beans are tender, stirring occasionally.
2. Stir in the parsley, lemon juice, and salt. Simmer, covered, for 30 minutes, or until some of the beans begin to break down, forming a creamy base for the rest.

Cook's Tip: Leftovers are delicious when reheated. Ful (the pronunciation is halfway between “fool” and “full”), also called *ful medames*, is often served for breakfast, sometimes with a fried or boiled egg.

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Thai Sweet-Potato Soup (Thailand)

Makes 4 servings; 1 cup per serving
Per serving: 114 Calories; 0.0 g Saturated Fat; 77 mg Sodium

INGREDIENTS

- ❑ 2 teaspoons canola or corn oil
- ❑ 1 small onion, chopped
- ❑ 1 medium garlic clove, chopped
- ❑ 3 cups fat-free, low-sodium vegetable broth
- ❑ ¾ pound sweet potatoes, peeled and chopped (about 2½ cups)
- ❑ ½ teaspoon Thai red curry paste
- ❑ 1 tablespoon fresh lime juice

DIRECTIONS

1. In a large saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring frequently.
2. Stir in the garlic. Cook for 1 minute, stirring constantly.
3. Stir in the broth and sweet potatoes. Bring to a simmer. Reduce the heat and simmer, covered, for 15 to 20 minutes, or until the sweet potatoes are very tender. Stir in the curry paste.
4. In a food processor or blender, process the soup in batches until smooth. Stir in the lime juice.

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Japanese Udon Noodle Soup with Tofu (Japan)

Makes 4 servings; 1½ cups per serving
Per serving: 256 Calories; 1.0 g Saturated Fat; 197 mg Sodium

INGREDIENTS

- ❑ 14 ounces light firm tofu, drained and patted dry, cut into 16 1-inch pieces
- ❑ 2 tablespoons plain rice vinegar
- ❑ 2 teaspoons soy sauce (lowest sodium available)
- ❑ 2 teaspoons canola or corn oil
- ❑ 4 ounces dried udon noodles
- ❑ 4 cups fat-free, low-sodium vegetable broth
- ❑ ¾ cup small broccoli florets
- ❑ ¾ cup shiitake mushrooms, stems discarded, caps sliced
- ❑ ½ cup frozen edamame or frozen green peas
- ❑ ¼ cup diagonally sliced carrots
- ❑ 2 teaspoons minced peeled gingerroot
- ❑ 1 large garlic clove, minced
- ❑ 2 hard-boiled eggs, halved

DIRECTIONS

1. Arrange the tofu on a large shallow plate. Drizzle the vinegar and soy sauce over the tofu. Cover and refrigerate for 30 minutes, turning occasionally.
2. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Drain the tofu, reserving the marinade. Cook the tofu for 5 minutes, or until golden, turning to brown on all sides. Transfer to a large plate. Cover to keep warm.
3. Meanwhile, prepare the noodles using the package directions, omitting the salt. Drain well in a colander.
4. In a large saucepan, bring the broth and reserved marinade to a boil over medium-high heat. Stir in the remaining ingredients except the eggs. Reduce the heat to medium. Cook for 3 minutes, or until the vegetables are tender-crisp. Pile the noodles in the center of large soup bowls. Top with the tofu. Pour in the broth mixture. Garnish with the egg halves. (They will float on the surface of the soup.)

Cook's Tip: Udon noodles are thick white Japanese noodles usually made from wheat. If they're unavailable, you can substitute whole-grain spaghetti or linguine.

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Creamy Pumpkin Soup (Australia)

Makes 8 servings; 1½ cups per serving
Per serving: 67 Calories; 0.0 g Saturated Fat; 65 mg Sodium

INGREDIENTS

- ❑ 2 tablespoons light tub margarine
- ❑ 3 medium green onions, sliced
- ❑ 2 cups canned solid-pack pumpkin (not pie filling)
- ❑ 2 tablespoons all-purpose flour
- ❑ ¼ teaspoon ground ginger
- ❑ ⅛ teaspoon ground turmeric
- ❑ ⅓ cup fat-free milk and 1⅔ cups fat-free milk, divided use
- ❑ 4 cups fat-free, low-sodium chicken broth
- ❑ Chopped fresh chives or parsley, to taste

DIRECTIONS

1. In a large saucepan, melt the margarine over medium-high heat, swirling to coat the bottom. Cook the green onions for 3 minutes, or until soft, stirring frequently.
2. Stir in the pumpkin.
3. Put the flour, ginger, and turmeric in a medium bowl. Pour in ⅓ cup milk, stirring to dissolve. Stir into the pumpkin mixture until well blended.
4. Reduce the heat to medium. Pour the remaining 1⅔ cups milk into the soup. Cook for 5 to 10 minutes, or until thickened, stirring constantly. Don't let the soup boil.
5. Pour in the broth. Cook for 3 minutes, or until almost at a boil, stirring frequently. (If the soup separates, process in a food processor or blender to restore the consistency.) Serve immediately. Garnish with the chives.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
