

SOUPS

Chicken Vegetable Soup

4 cups chicken broth
2 (3 ounce) boneless, skinless chicken breasts, cubed
3 celery stalks, chopped
½ onion, chopped
2 carrots, chopped
2 potatoes, chopped
1 zucchini or summer squash, chopped
10 green beans, chopped into 1 inch pieces
1 teaspoon minced garlic or ¼ teaspoon garlic powder
1 tomato, chopped
2 teaspoons dried parsley
1 teaspoon dried basil
1 bay leaf
Pinch of red pepper flakes, optional
Salt and pepper, to taste

Add all of the ingredients to a large saucepan. Bring to a boil, then reduce heat and simmer until chicken is cooked through (approximately 30 minutes).

Adapted from "Let's Cook with Fruits & Vegetables" By Northeast Valley Health Corporation WIC Program.

Bean Soup with Kale

1 Tablespoon oil
8 large garlic cloves, crushed or minced
1 medium yellow onion, chopped
4 cups chopped raw kale
4 cups chicken or vegetable broth
1 ½ cups dry navy beans (or other white bean) or 2 (15oz) cans beans
4 plum tomatoes, chopped
2 tsp Italian herb seasoning (dry)
Salt and pepper to taste
¼ cup chopped parsley

If using dry beans, cook according to package directions (or ask our staff for a handout on how to cook beans).

In a large pot, heat oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15-30 minutes, until kale is soft. Ladle into bowls; sprinkle with chopped parsley

Adapted from www.allrecipes.com