

# Asian Flavors - Chicken Soup

*This noodle soup is delicious and easy to make and modify for whatever vegetables or protein that you have in your kitchen. It can be made spicy or mild, chunky or smooth, vegetarian or in a meat-lover's version.*

*Yield: 4-6 servings*

## INGREDIENTS

- about 1 pound (3- 4) boneless, skinless chicken thighs cut up into 1" dice, large pieces of fat trimmed
- 6 cups low salt, low fat chicken broth
- 1 small package "cellophane" or vermicelli (Asian) noodles **prepared according to package directions**
- 1 large carrot, peeled and chopped into **small dice**
- 1" chunk peeled, fresh ginger, **minced**
- 2-3 cloves garlic, **minced**
- 6-8 snow pea pods, cut in half (or 3rds) on a diagonal
- about 1 cup chopped Chinese (or NAPA) cabbage - OR baby bok choy
- ¼ cup water chestnut slices
- ½ block extra firm tofu, cubed AND sautéed until browned (OPTIONAL)
- 2 TBSPs canola oil
- 2 tsps toasted sesame oil
- ¼ cup low sodium soy sauce
- ½ tsp ground white pepper
- 3 stalks scallions, cut into thin circles
- **SOME LIKE IT HOT:** if that's you, add ½ tsp chili pepper flakes

## PREPARATION

1. Mix the 2 oils together. In a large soup pot, sauté garlic, ginger and carrot in **half** of the oils mixture - on medium setting. Add more oil a little at a time **if veggies stick to pan**. Sauté until veggies are soft, **ADD** tofu chunks if using and sauté for about 1 minute, THEN slowly and carefully pour in the broth and stir in the chicken. Turn up to HI and bring to a BOIL. As soon as it boils, SIMMER (LO) for 10 minutes.
2. Add the cabbage, pea pods and water chestnuts, then stir in soy sauce and pepper (and chili pepper flakes if using) SIMMER about 5 more minutes. Stir in the prepared noodles\*. **ADD** scallions last and taste for seasoning -- add salt or pepper or soy sauce in small amounts if you think it needs it.

\* - **NOTE:** *If you are not serving all of the soup right away, toss noodles with a bit of oil and add to each serving of hot soup as it is served*

# ***Greece: Quick and Easy Chicken & Orzo Soup***

*Homemade chicken soup in about an hour? You bet! This soup serves 4-8*

*Add a nice Greek salad and fresh pita bread to make it a meal.*

## **INGREDIENTS**

- 3- 4 boneless, skinless chicken thighs cut up into medium dice, large pieces of fat trimmed
- 6 cups low salt, low fat chicken broth
- $\frac{3}{4}$  cup of whole grain orzo \*
- 1 large carrot, peeled and sliced into not-too-thick slices (about  $\frac{1}{4}$ " )
- 1 stalk of celery, cleaned, chopped into **small** dice (about  $\frac{1}{4}$ " )
- 1 small sweet onion, chopped - small dice
- 1 clove garlic, finely minced
- 1 TBSP olive or canola oil
- $\frac{1}{3}$  cup fresh squeezed lemon juice (to taste)
- $\frac{1}{4}$  tsp ground pepper (white, if available)
- about  $\frac{1}{2}$  tsp sea salt
- 2 tsps fresh dill, finely chopped **OR** 1 tsp dried dill
- $\frac{1}{2}$  tsp celery powder (optional)
- additional salt & pepper, to taste

## **PREPARATION**

1. In a medium sauce pan, sauté onion in half of the oil. When the onion starts to soften, add the carrot and the celery and the remaining oil. Sauté for 5 minutes and slowly and carefully pour in the broth.
2. Bring to a boil and add chicken pieces, orzo and spices. Cook at boil for 3-4 minutes, then lower heat and simmer for about 5-8 minutes. (until orzo is al dente)
3. Stir in the lemon juice and taste for seasoning -- add salt or pepper or more lemon juice in small amounts if you think it needs it.
4. Serve with garlic toast or crackers.

*\* - NOTE: If you are not serving all of the soup right away, toss orzo with a bit of oil and add to each serving of hot soup as it is served*

# Mexican Tortilla Soup

Great flavors make this chicken soup a stand-out! Serve with a quesadilla or salad for a satisfying meal!

Serves 6-8

## INGREDIENTS

### SOUP

- 3- 4 boneless, skinless chicken thighs cut up into medium dice, large pieces of fat trimmed
- 2 TBSPs canola oil, **divided**
- 1 TBSP + 2 tsps lime juice
- 2 tsps Mexican spice blend \*
- 2 tsps ground cumin
- ½ cup chopped onions
- ½ cup chopped celery, small dice
- ½ of 1 small jalapeno pepper, seeded and very finely diced  
**!WEAR GLOVES!**
- ¼ tsp ground black pepper
- 1 cup water
- 6 cups low sodium, fat free chicken broth

- 2 cups diced tomatoes
- 1 TBSP chopped fresh cilantro
- 1 cup shredded reduced fat sharp cheddar cheese (and/or Cotija or Queso Fresco cheese)
- 1 large OR 2 small **ripe** avocado(s) - pitted and diced **! SAVE THIS FOR THE LAST SO AVOCADO WON'T BROWN !**

### BAKED TORTILLA STRIPS

- 1 package corn tortillas, cut into strips
- about 1 TBSP canola oil
- about 2 tsps Mexican spice blend
- 1 tsp cumin
- ½ tsp sea salt

MIXED  
TOGETHER  
WELL

\* - MEXICAN SPICE BLEND = 2 parts chili powder(s) of choice + 1 part cumin + pinch or 2 of garlic powder ... Mix together well with a fork

## PREPARATION

### TORTILLA STRIPS:

1. Preheat oven to 425°. Cut tortillas into strips (½" wide). Oil a sheet pan with canola oil, sprinkle the spice and salt mixture lightly and evenly over the pan. Lay strips down, covering pan completely (NO spaces), THEN lightly brush tops with the oil. Bake for 6-8 minutes (turning pan around after 4 minutes) **OR** until chips are crispy, browned and dry. **WATCH CAREFULLY!** They can burn quickly! Drain on a paper towel and set aside.

### SOUP:

2. Trim and cut chicken into bite-sized pieces and toss with 1 TBSP canola oil, 1 tsp of the Mexican spice blend and **only 2 tsps** lime juice. Set aside.
3. Heat remaining oil in a stockpot or large, heavy saucepan and cook the onions, celery and jalapeno until soft. Add the chicken and sauté until chicken begins to brown. Stir in the water and chicken broth. Add the cumin, black pepper and remaining 1 TBSP spice blend. **ADD** the tomatoes and bring to a **BOIL**. **SIMMER** for 10-15 minutes. **STIR IN** remaining lime juice and cilantro.
4. Serve immediately- topped with avocado, shredded or crumbled cheese and the tortilla strips.



***Thai Chicken Coconut Soup (Tom Kha Gai)***  
*This classic Thai chicken soup gets its rich flavor from quintessential Thai ingredients: coconut milk, lemongrass, fresh ginger, lime juice, chile paste, basil and cilantro.*  
*Serves 4 - 6*

## INGREDIENTS

- 1 can (15 oz.) light coconut milk
- 2 cups original, unsweetened boxed coconut milk
- 1 quart reduced-sodium chicken broth
- 6 quarter-size slices fresh ginger, **peeled**
- 1 stalk fresh lemongrass, cut in 1-in. pieces (or 1 TBSP lemongrass “paste”)
- about 1 pound (3- 4) boneless, skinless chicken thighs cut up into medium dice, large pieces of fat trimmed
- 1 cups sliced mushrooms
- 1 TBSP + 2 tsps fresh lime juice
- 1 TBSP Thai or Vietnamese fish sauce (nuoc mam or nam pla)
- 1 tsp sugar
- 1 tsp Thai chili paste

## GARNISH:

- ¼ cup fresh basil leaves, chopped
- ¼ cup fresh cilantro, chopped
- ¼ cup fresh mint leaves, chopped
- fresh lime wedges

## PREPARATION

1. In a medium saucepan, combine coconut milk, broth, ginger, and lemongrass and bring to a **gentle/slow** boil over **med/high** heat.
2. Add chicken, mushrooms, lime juice, fish sauce, sugar, and chili paste. Reduce heat and simmer briskly until chicken is firm and opaque, 5 to 10 minutes.
3. Discard lemongrass if using fresh. Garnish servings with combined basil, cilantro and mint leaves and serve with lime wedges.



# Oma's Fabulous Matzo Ball Soup

Recipe By: May Gerstle

*"This is a matzo ball soup that my grandmother used to make. It is our family's favorite part of the meal. It serves a lot of people depending on the size of the bowl you use. Make sure to not add too much matzo meal in order to make the matzo ball float to the top of the boiling water."*

## INGREDIENTS

|  | / | HALF                            |
|--|---|---------------------------------|
| • 2 (10 ounce) packages matzo crackers                                       | / | 1 10 ounce pkg                  |
| • 1/2 cup butter   | / | ¼ cup butter                    |
| • 6 eggs   | / | 3 eggs                          |
| • salt and pepper to taste ----- (start with 2 pinches salt, 1 pinch pepper) |   |                                 |
| • 3 tablespoons minced fresh parsley   | / | 1 & ½ TBSPs minced parsley      |
| • 2 onions, minced   | / | 1 minced onion                  |
| • ½ tsp celery powder  | / | ¼ tsp celery powder             |
| • ½ tsp ground fennel  | / | ¼ tsp ground fennel             |
| • ½ tsp fresh lemon juice ----- same   |   |                                 |
| • 5 ounces matzo meal  | / | 2 ½ ounces matzo meal           |
| • 96 ounces chicken broth (3 qts/12 cups)                                    | / | 48 ounces (1 & ½ quarts/6 cups) |

## PREPARATION (you need 2 pots; one for the water and one for the broth) ★

1. Bring a large pot of lightly salted water to a boil.
2. Break matzo crackers into small pieces, and place in a large bowl. Add water to cover; allow to soak for a few minutes, until soft. Drain off excess water.
3. Melt butter in a large skillet over medium heat and stir in drained matzos; stir until mixture is dry and slightly brown. Remove from heat, and mix in eggs, salt and pepper to taste, parsley, and onions.
4. Mix in just enough matzo meal to make mixture hold together. Roll one golf ball-size matzo ball. Place matzo ball in the boiling water to test the mixture. The ball must rise to the top of the water and not break apart. If it does not rise, then too much matzo meal was added. In this case, add another beaten egg to the mixture and try again. When desired consistency is reached, roll all of mixture into golf ball size spheres.
5. In a large saucepan, bring chicken broth to a slow boil over medium heat and stir in the celery powder, fennel, lemon juice and a pinch of sea salt. Add balls to broth. Serve soup as the balls rise to the top of the broth.