

# 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, vegetarian or in a meat-lover's version. Yield: 4-6 servings*

✓ ½

## INGREDIENTS

- 2 TBSPs grapeseed or sunflower oil
- 1 tsp toasted sesame oil

### FOR AROMATICS:

- 1 med carrot, peeled and chopped into **very small dice**
- ½ “ chunk peeled, fresh ginger, **finely minced** (OR 1 tsp ginger paste)
- 1-2 cloves garlic, **minced**

### ADD-INS:

- about ½ pound (2-3) boneless, skinless chicken thighs cut up into 1” dice, large pieces of fat trimmed
- 4 cups low salt, low fat chicken broth
- ½ package cooked “cellophane” or vermicelli (Asian) noodles

- 6 large snow pea pods, “strings” removed & cut in 3rds on a diagonal
- about 1 cup chopped Chinese (or NAPA) cabbage – OR baby bok choy
- about 8 water chestnut slices, cut in half
- ½ block **extra firm** tofu, cubed (½”) AND sautéed until browned (OPTIONAL)
- 2 TBSPs low sodium soy sauce
- ¼ tsp ground white pepper
- 2 stalks scallions, cut into thin circles

➔ **SOME LIKE IT HOT:** if that’s you, add a few chili pepper flakes

## PREPARATION

1. **Mix the 2 oils together.** In a large saucepan, 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 the aromatics are soft, THEN slowly and carefully pour in the broth and the stir in the chicken. **Turn up to HI** and bring to a BOIL. As soon as it boils, turn down to SIMMER (LO) for 10 minutes.
2. Stir in 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 4-6*

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

✓ ½

## **INGREDIENTS**

### **FOR AROMATICS:**

- about 1 TBSP olive or grapeseed oil
- 1 medium carrot, peeled and sliced into thin slices (about 1/8")
- ½ stalk of celery, cleaned, chopped into **small** dice (about ¼")
- ½ medium sweet onion, chopped - small dice
- 1 clove garlic, **finely minced**

### **ADD-INS:**

- ½ pound (2-3) boneless, skinless chicken thighs cut up into medium dice, large pieces of fat trimmed

- 4 cups low salt, low fat chicken broth
- ½ cup of whole grain orzo \*
- juice of 1 & ½ large lemons
- pinch of ground pepper - fine (white, if available)
- about ½ tsp sea salt
- 1 TBSP fresh dill, finely chopped **OR** 1 tsp dried dill
- additional salt & pepper, to taste, if needed

## **PREPARATION**

1. In a medium sauce pan, sauté (med/hi heat) onion in **half** of the oil. When the onion starts to soften, add the garlic, carrot and the celery and the remaining oil. Sauté for **5 minutes**, THEN slowly and carefully pour in the broth, salt and pepper.
2. Bring to a boil and add chicken pieces and orzo. Boil for 3-4 minutes, then lower heat and simmer for about 5 minutes. (until orzo is **al dente** - still a little firm.)
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, remove orzo and store separately. 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 4-6

✓ 1/2

## INGREDIENTS

### FOR AROMATICS:

- 1-2 TBSPs sunflower or olive oil, **divided**
- ½ small onion, chopped
- 2 garlic cloves, **finely minced**
- ½ celery stick, small dice
- **HALF** of 1 small jalapeno pepper, seeded and very finely diced **!WEAR GLOVES!**
- 1-2 TBSPs sunflower or olive oil, **divided**
- **ADD-INS:**
- half pound (2-3) boneless, skinless chicken thighs cut up into medium dice, large pieces of fat trimmed
- juice of 1 large lime
- 1 tsp Mexican spice blend \*
- 2 tsps ground cumin
- ¼ tsp ground black pepper
- ½ cup water
- 4 cups low-sodium chicken broth
- 1 cup diced tomatoes, with liquid!
- 1 TBSP chopped fresh cilantro
- ¾s cup shredded reduced fat sharp cheddar cheese (and/or Cotija or Queso Fresco cheese)
- 1 large **ripe** avocado(s) - pitted and diced **!SAVE THIS FOR THE LAST SO AVOCADO WON'T BROWN !**

### BAKED TORTILLA STRIPS

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

\* - 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 and sprinkle **half of** 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*

✓ ½

### **INGREDIENTS**

- 1 can (15 oz.) light coconut milk
- 1 cup original, unsweetened boxed coconut milk
- 2 cups reduced-sodium chicken broth
- 3 quarter-size slices fresh ginger, **peeled**
- ½ stalk fresh lemongrass, cut in 1-in. pieces (or 1 TBSP lemongrass “paste”)
- about ½ pound (2-3) boneless, skinless chicken thighs cut up into medium dice, large pieces of fat trimmed
- ½ cup sliced mushrooms
- 1 TBSP fresh lime juice
- 1 tsp Thai or Vietnamese fish sauce
- 1 tsp sugar
- 1 tsp Thai chili paste

### **TOP WITH:**

- 2 TBSPs fresh basil leaves, chopped
- 2 TBSPs fresh cilantro, chopped
- 2 TBSPs fresh mint leaves, chopped
- fresh lime wedges (OPTIONAL)

### **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 RECIPE

- |   |       |   |
|---|-------|---|
| • 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 TBSPs 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.

# ***The Ultimate Chicken Noodle Soup***

***My first Wisconsin winter was so cold, all I wanted to eat was homemade chicken noodle soup. Of all the chicken noodle soup recipes out there, this type of soup is my favorite, and is in heavy rotation from November to April. It has many incredibly devoted fans.—Gina Nistico, Denver, Colorado***

## **INGREDIENTS**

- 2-1/2 pounds bone-in chicken thighs
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 TBSP canola oil
- 1 large onion, chopped
- 1 garlic clove, minced
- 10 cups chicken broth
- 4 celery ribs, chopped
- 4 medium carrots, chopped
- 2 bay leaves
- 1 tsp minced fresh thyme or 1/4 tsp dried thyme
- 3 cups uncooked kluski or other egg noodles (about 8 ounces)
- 1 TBSP chopped fresh parsley
- 1 TBSP fresh lemon juice



## **PREPARATION**

1. Pat chicken dry with paper towels; sprinkle with salt and pepper. In a 6-qt. stockpot, heat oil over medium-high heat. Add chicken in batches, skin side down; cook until dark golden brown, 3-4 minutes. Remove chicken from pan; remove and discard skin. Discard drippings, reserving 2 tablespoons.

2. Add onion to drippings; cook and stir over medium-high heat until tender, 4-5 minutes. Add garlic; cook 1 minute longer. Add broth, stirring to loosen browned bits from pan. Bring to a boil. Return chicken to pan. Add celery, carrots, bay leaves and thyme. Reduce heat; simmer, covered, until chicken is tender, 25-30 minutes.

3. Transfer chicken to a plate. Remove soup from heat. Add noodles; let stand, covered, until noodles are tender, 20-22 minutes.

4. Meanwhile, when chicken is cool enough to handle, remove meat from bones; discard bones. Shred meat into bite-sized pieces. Return meat to stockpot. Stir in parsley and lemon juice. If desired, adjust seasoning with additional salt and pepper. Discard bay leaves.