

**Living Well Cancer Resource Center: Eating Well  
January 2020**

**Cozy Up: Soup & Stew for the winter months.**

**Chicken Noodle Soup**

**Tuscan Tomato Soup**

**Lentil Soup**

**Mediterranean-style Vegetable Stew**

**Minestrone Soup**

**Tomato & Corn Soup with fresh Basil**

**Three Bean Soup**

**White Bean, Pasta & Swiss Chard Soup**

**Tortilla Soup with Chicken & Avocado**

**Mediterranean Kale, Cannellini & Farro Stew**

**Cabbage Soup**

## Chicken Noodle Soup

### Ingredients:

**6 Cups (48 fl oz/1.5L) chicken stock or prepared broth, low sodium**  
**1 Skinless boneless whole chicken breast (about ½ lb)**  
**1 yellow onion, finely diced**  
**2 carrots, peeled, halved lengthwise and thinly sliced**  
**2 celery stalks, thinly sliced**  
**2 oz (60g) dried thin egg noodles**  
**3 Tablespoons finely chopped fresh flat leaf (Italian) parsley**  
**freshly ground black pepper**

### Instructions:

- **In a large saucepan over medium heat, bring the stock to a simmer. Add the chicken breast and simmer just until tender and no trace of pink remains, 8-10 minutes.**
- **Remove from heat and let chicken cool in the liquid. Transfer the chicken to a cutting board and cut into 1-inch cubes. Set aside**
- **Return the chicken stock to a simmer over medium-high heat and add the onion, carrots, and celery. Simmer until the vegetables are slightly softened, about 10 minutes, skimming away any foam that rises to the surface of the stock.**
- **Add the cubed chicken, noodles, 2 tablespoons of parsley, and pepper to taste. Simmer until the noodles are tender, about 3 minutes.**
- **Ladle the soup into warmed bowls and sprinkle with the remaining 1 tablespoon parsley. Serve immediately**

## Tuscan Tomato Soup

### Ingredients:

6-8 Slices of French bread 1 inch thick

2 Tablespoons Extra virgin olive oil

1 large yellow onion, finely chopped

3 cloves garlic, minced

3 lb ripe tomatoes peeled and seeded, then diced

4 cups (32 fl oz/ 1 L) chicken or vegetable stock or prepared broth, low sodium

½ cup (3/4 oz/20 g) finely chopped basil leaves, plus 6-8 whole leaves

freshly ground black pepper

½ cup (2 oz/ 60 g) fresh grated Parmesan cheese

### Instructions:

- Preheat the oven to 300 degrees Fahrenheit. Place the bread slices on a baking sheets and bake until lightly browned, turning once, 10-15 minutes total. Set aside.
- In a large soup pot over medium heat, warm the oil.
- Add the onion and sauté, stirring frequently, until softened, 5-7 minute.
- Add the garlic and cook until softened but not browned, about thirty minutes.
- Add the tomatoes and stock, raise the threat to high, and bring to a boil. Reduce the heat to medium-low, cover, and cook until the tomatoes are softened, about 30 minutes. Remove from heat.
- In a blender or food processor, puree the soup in batches, leaving a little bit of texture if desired, and return the soup to the pot. Alternatively, process with a handheld blender in the pot until the desired consistency is reached. Return the soup to medium heat and reheat gently. Add the chopped basil and season to taste with pepper.
- To serve, place a slice of toasted bread in the bottom of each warmed bowl and sprinkle with a spoonful of Parmesan cheese. Ladle the soup on top and garnish with a basil leaf. Serve immediately.
-

## Lentil Soup

### Ingredients:

**2 Tablespoons Olive oil**  
**1 Yellow onion, finely chopped**  
**1 Celery stalk, thinly sliced**  
**1 Carrot, peeled and thinly sliced**  
**1 Clove garlic, minced**  
**1 Bay leaf**  
**2 Teaspoons Curry powder**  
**1 Cup (6 oz/185g) canned diced plum (Roma) tomatoes, with juice**  
**1 ½ cups (10 ½ oz 330 g) brown or pink lentils, picked over, rinsed, and drained**  
**6 cups (48 fl oz/ 1.5 L) chicken, beef, or vegetable stock, low sodium**  
**1 Lemon, sliced**  
**1 Cup (2 oz/ 60 g) coarsely chopped fresh spinach**  
**freshly ground pepper**

### Instructions:

- **In a large saucepan over medium-high heat, warm the oil. Add the onion, celery, carrot, garlic, and bay leaf and sauté until the vegetables are softened, about 5 minutes. Stir in the curry powder and cook until fragrant, about 1 minute.**
- **Add the tomatoes and their juice, lentils, stock, and lemon slices. Bring To a simmer over medium-high heat.**
- **Reduce the the heat to medium-low, cover partially, and cook, stirring occasionally, until the lentils are tender, about 30 minutes. Discard the lemon slices and bay leaf.**
- **Just before serving, stir in the spinach, reduce the heat to low, and simmer until the spinach is wilted but still bright green.**
- **Season to taste with pepper.**
- **Ladle the soup into warmed bowls and serve immediately.**
-

## Puree of Vegetable Soup

### Ingredients:

**2 tablespoons Olive oil**

**3 leeks, including light green parts, finely chopped**

**4 carrots, peeled and sliced**

**4 zucchini, sliced**

**3 Idaho russet potatoes about 1 lb (500 g) total weight, peeled and thinly sliced.**

**1 ½ tablespoon tomato paste**

**6 cups (48 fl oz/ 1.5 L) chicken stock or prepared broth, low sodium**

**1 cup (6 oz/ 185 g) canned chickpeas (garbanzo beans), rinsed and drained**

**1 tablespoon fresh lemon juice**

**freshly ground white pepper**

**3 tablespoons finely chopped fresh flat-leaf (Italian) parsley**

**1 tablespoon finely chopped lemon zest**

### Instructions:

- **In a large saucepan over medium heat, warm the oil.**
- **Add the leeks and sauté until softened, about 5 minutes. Add the carrots, zucchini, and potatoes and sauté until they begin to soften, about 3 minutes.**
- **Add the tomato paste and stock, cover partially, and simmer until the vegetables are tender, 25-30 minutes.**
- **Add the chickpeas and cook until heated through, about 3 minutes longer.**
- **Stir in the lemon juice and white pepper to taste. Remove the soup from heat**
- **In a blender or food processor, puree the soup in batches until smooth and return the soup to the pan. Alternatively, process with a handheld blender in the pan until smooth.**
- **Return the heat to medium heat and reheat gently. Stir in 2 tablespoons of the parsley. Taste and adjust the seasoning.**
- **Ladle the soup into warmed shallow bowls and garnish with the remaining 1 tablespoon parsley and the lemon zest. Serve immediately.**

**\*Serving tip: to dress up this soup, consider adding a dollop of basil pesto or sun-dried tomato pesto as an additional garnish. Cheese croutons would also be a good accompaniment.**

## Summer Minestrone Soup

### Ingredients:

**2 tablespoons olive oil**  
**2 cups thinly sliced leek, white and light green parts only (about 2 leeks)**  
**1 cup thinly sliced carrot**  
**1 cup thinly sliced celery**  
**2 large garlic cloves, minced**  
**2 tablespoons tomato paste**  
**8 cups unsalted chicken stock**  
**1 (14.5-ounce) can unsalted diced tomatoes, undrained**  
**1 (14.5-ounce) can unsalted cannellini beans, rinsed , drained, and divided**  
**2 cups chopped yellow squash**  
**2 cups chopped zucchini**  
**1 cup chopped red bell pepper**  
**1 cup fresh green beans, cut into 1-inch pieces**  
**½ cup uncooked ditilini pasta**  
**½ tsp black pepper**  
**5 ounces kale stemmed and chopped**  
**¼ cup pesto**  
**2 ounces Parmesan cheese, grated (about ½ cup)**

### Instructions:

- Heat a large Dutch oven over medium heat. Add oil; swirl to coat.
- Add leek, carrot, celery, and garlic; cover and cook 5 minutes, stirring occasionally (do not brown).
- Add tomato paste; cook 2 minutes, stirring constantly.
- Add stock and tomatoes; bring to a boil. Reduce heat to low, and simmer 15 minutes.
- Place 1 cup cannelloni beans in a small bowl; mash with a fork. Add mashed beans, remaining cannelloni beans, squashes, bell pepper, green beans, pasta, and black pepper to pan. Increase heat to medium; cook 10 minutes. Stir in kale; cook 2 minutes. Place 2 cups soup in each of 8 bowls, or follow freezing instructions.
- Top each serving with 1 ½ teaspoon pesto and 1 tablespoon Parmesan cheese.

## Tomato and Corn Soup with Fresh Basil

### Ingredients:

2 tablespoons olive oil

2 leeks, white part only, finely chopped

5 large tomatoes, about 2 ½ lb total weight, seeded and coarsely chopped

2 tablespoons all-purpose flour, optional

2 ½ cups corn kernels (from about 3 ears of corn), corn cobs reserved and cut in half

8 fresh basil leaves, plus sprigs for garnish

1 tablespoon plus 1 teaspoon tomato paste

3 cups (24 fl oz) chicken stock or prepared broth, unsalted

½ cup parsley, fresh & chopped

freshly ground pepper

Garlic croutons or cheese croutons for garnish

¼ cup sour cream

### Instructions:

- In a large non-aluminum soup pot over medium heat, warm the oil. Add the leeks and sauté until softened, about 5 minutes. Add the tomatoes and cook until slightly softened, 3 minutes. Add the flour and cook, stirring constantly, for 2 minutes longer.
- Add the corn kernels, corn cobs, basil leaves, tomato paste, and stock. Bring to a simmer over medium-low heat. Cover partially and simmer for about 25 minutes. Remove from the heat and discard the corn cobs.
- In a blender or food processor, puree the soup in batches until smooth. Alternatively, process with a handheld blender in the pot until smooth.
- Pour the puréed soup through a fine-mesh sieve into a serving bowl. Season to taste with pepper.
- Let cool to room temperature and then cover and refrigerate until well chilled, at least 4 hours.
- Taste and adjust the seasoning just before serving.
- Ladle the soup into chilled bowls and top with a few croutons. Garnish each bowl with a spoonful of sour cream and a sprig of basil.

**\*Notes:** Sweet white corn is particularly delicious in this soup. To ensure a velvety texture, use a fine-mesh sieve when straining or decide not to process at all