

SOUP'S

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From light noodle bowls to feeds-a-crowd chili, these five cozy soups and stews will help your family stay toasty all the way into spring.

Veggie Noodle Hot Pot

Typically served in the winter, hot pots are Asian stews containing noodles, vegetables, and meat or tofu in a flavorful broth (find kombu, a type of seaweed, in the international section of most grocery stores; and mung bean sprouts, a thick, white sprout, in the produce section). Try eating the soup's contents with chopsticks, then slurp the broth right from your bowl!

Active time: 15 minutes **Total time:** 35 minutes

6 cups water	16 ounces baked tofu, cubed, or shredded cooked chicken
1 tablespoon raw cane sugar	4 cups lightly steamed vegetables, such as broccoli florets, chopped bok choy, or cubed winter squash
1 1-inch piece ginger, sliced	1 medium carrot, peeled and grated
1 teaspoon Asian chili paste	1 cup mung bean sprouts (optional)
1 ounce dried shiitake mushrooms	
1 2-inch piece kombu	
¼ cup yellow miso paste	
8 ounces udon noodles	

1. In a large stockpot, add the water, sugar, ginger, chili paste, mushrooms, and kombu. Cover and bring to a boil, then reduce heat to a simmer.
2. Use a measuring cup to remove one cup of broth from the pot. Add the miso to the cup and whisk until well combined. Add the mixture back to the stockpot; stir to combine. Simmer for 15 more minutes.
3. Meanwhile, cook the udon noodles in another pot according to the package directions, then drain.
4. Set out four bowls. Divide the noodles among each bowl, then add an equal amount of tofu or chicken, steamed vegetables, and grated carrot. If the mushrooms are large, remove them from the broth, slice, and add to the bowls or return to the pot.
5. Remove the kombu and ginger from the broth and discard. Pour the broth into the bowls, and top each bowl with a handful of bean sprouts, if desired. Serve hot.

Serves 4

Per serving: calories 384, fat 13 g, protein 30 g, carbohydrates 60 g, dietary fiber 10 g



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Tempeh and Pinto Bean Chili

Keep spirits and energy high even on the coldest of days with this hearty, mildly spiced chili. Serve over brown rice, with cornbread, or even on top of whole wheat spaghetti.

Active time: 10 minutes **Total time:** 35 minutes

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| 2 tablespoons olive oil | 2 cups vegetable stock |
| 1 medium onion, diced | 1 15-ounce can pinto beans, drained and rinsed |
| 1 8-ounce package tempeh, crumbled | 1 28-ounce can crushed tomatoes |
| 2 cloves garlic, minced | 1 cup frozen corn kernels |
| 1 medium red bell pepper, seeded and diced | 1 tablespoon brown sugar |
| 2 tablespoons chili powder | Shredded cheddar cheese (optional) |
| 1 tablespoon cumin | Diced avocado (optional) |
| Salt and pepper | |

1. In a large stockpot, warm the olive oil over medium heat. Add the onion and tempeh, and sauté 5 to 7 minutes.

2. Stir in the garlic, bell pepper, chili powder, and cumin. Sauté 3 to 4 minutes, or until the peppers begin to soften. Add salt and pepper to taste.

3. Add the vegetable stock, and stir well. Add the pinto beans, tomatoes, corn, and brown sugar. Cover, bring the mixture to a boil, and reduce heat to a simmer. Season again with salt and pepper to taste.

4. Simmer 20 more minutes, or until the chili has thickened slightly. Serve hot, topped with cheddar cheese or avocado, if desired.

Serves 6

Per serving: calories 255, fat 10 g, protein 14 g, carbohydrates 35 g, dietary fiber 7 g



Sweet and Sour Cabbage Stew with Chickpeas

Kids will love the fun, sweet, and tangy flavors of this brothy stew; you'll love that it's chock-full of winter veggies. Serve with a hunk of crusty pumpernickel or whole grain bread for a light meal that still satisfies.

Active time: 20 minutes **Total time:** 50 minutes

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| 2 tablespoons olive oil | 6 cups shredded green cabbage (about half of a medium head) |
| 1 medium onion, sliced | 1 15-ounce can chickpeas, drained and rinsed |
| 2 teaspoons smoked paprika | 8 cups low-sodium vegetable stock |
| 2 medium carrots, peeled and chopped | 1/3 cup apple cider vinegar |
| 2 medium Yukon Gold potatoes, chopped | 1/4 cup brown sugar |
| Salt and pepper | |
| 2 tablespoons tomato paste | |

1. Warm the olive oil over medium heat in a large stockpot. Sauté the onion and paprika 5 to 7 minutes, or until translucent. Add the carrots and potatoes, plus salt and pepper to taste, and sauté 5 more minutes. Stir in the tomato paste.

2. Add the cabbage and a big pinch of salt, stirring well to distribute it evenly. Cook 5 minutes, or until the cabbage begins to shrink down and soften. Stir in the chickpeas gently to combine.

3. Pour in the vegetable stock and vinegar, then add the brown sugar, and more salt and pepper to taste. Cover, bring to a boil, and simmer 25 to 30 minutes, or until all of the vegetables have softened completely. Taste and adjust the broth if necessary—add a pinch of extra sugar for more sweetness or a splash of extra vinegar for more tanginess. Serve hot.

Serves 6

Per serving: calories 304, fat 12 g, protein 5 g, carbohydrates 48 g, dietary fiber 6 g



Fresh French Onion Soup

This classic, gooey favorite is usually made with beef broth, but mushroom stock simmered with maple syrup and thyme makes for a lighter-tasting (but equally delicious) vegetarian version. If Gruyère cheese is too strong for your kids, swap for Swiss.

Active time: 1 hour, 15 minutes **Total time:** 1 hour, 40 minutes

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| 2 tablespoons unsalted butter | 2 tablespoons maple syrup |
| 4 medium sweet onions (such as Vidalia), thinly sliced (about 2½ pounds) | 8 sprigs fresh thyme |
| Salt and pepper | 1 bay leaf |
| 8 cups mushroom stock | 4 slices crusty, whole grain bread (about 6 ounces) |
| | 1½ cup shredded Gruyère cheese |

1. Melt the butter over low heat in a large stockpot. Add the onions and cook, stirring occasionally for about an hour, until completely soft and caramel in color. (You can do this up to two days ahead of time and save in the fridge.) Season with salt and pepper to taste, but only after the onions are completely softened.

2. Add the stock, maple syrup, thyme, and bay leaf to the pot. Cover, bring to a boil, then lower the heat and simmer for 20 minutes.

3. While the broth simmers, toast the bread slices until just crispy.

4. Place four oven-safe crocks or soup bowls on a baking sheet. Remove the thyme and bay leaf from the broth, then scoop 2 cups into each crock. Top each with a piece of toast and 1/3 cup of cheese.

5. Broil the crocks on high for 3 to 4 minutes, or until the cheese starts to brown. Allow to cool 1 to 2 minutes before serving.

Serves 4

Per serving: calories 383, fat 18 g, protein 17 g, carbohydrates 40 g, dietary fiber 4 g





Creamy Cauliflower Potato Soup

One surefire way to get kids to eat their vegetables: Puree them into a smooth, creamy soup. This one gets its rich body from a combo of whole milk and buttery Yukon Gold potatoes instead of high-fat heavy cream.

Active time: 20 minutes

Total time: 45 minutes

- 3 tablespoons unsalted butter
- 1 medium yellow onion, diced
- 1 medium carrot, peeled and diced
- 1 medium celery stalk, diced
- 1 tablespoon fresh thyme (or 1 teaspoon dried)
- 1 medium head cauliflower, chopped into florets
- 2 medium Yukon Gold potatoes (about $\frac{3}{4}$ pound), diced
- Salt and pepper
- 3 cups low-sodium vegetable stock
- $1\frac{1}{2}$ cups whole milk

1. In a large stockpot, melt the butter over medium heat. Add the onion, carrot, celery, and thyme, and sauté until softened, about 7 minutes. Add the cauliflower, potatoes, and salt and pepper to taste. Stir well and cook another 5 minutes.

2. Add the vegetable stock. Cover, bring to a boil, and simmer for 15 to 20 minutes, or until the cauliflower and potatoes are fork-tender.

3. Working in batches if necessary, transfer the mixture to a blender and blend until smooth.

4. Put the pureed soup back into the stockpot, and add the milk, plus more salt and pepper to taste. Simmer 5 more minutes, and serve hot.

Serves 4

Per serving: calories 280, fat 12 g, protein 9 g, carbohydrates 37 g, dietary fiber 7 g