

# COOKING FOR WELLNESS

## January 2022 Recipes



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

SERVES 6-8 | LEVEL: BEGINNER

## Tuscan White Bean Soup

- 1 pound dried white cannellini beans (for canned beans, see note)
- Good olive oil
- 4 ounces pancetta, ¼-inch diced (see note)
- 2 cups chopped leeks, white and light green parts (2 leeks)
- 2 cups chopped yellow onion (2 onions)
- 2 cups (½-inch) diced carrots, scrubbed (5 carrots)
- 2 cups (½-inch) diced celery (4 ribs)
- 2 tablespoons minced garlic (6 cloves)
- 2 teaspoons minced fresh rosemary
- 8 to 10 cups chicken stock, preferably homemade
- 2 bay leaves
- Kosher salt and freshly ground black pepper
- Freshly grated Parmesan cheese

At least 8 hours or the night before you make the soup, place the beans in a large bowl and add enough cold water to cover the beans by 2 inches. Refrigerate for at least 8 hours or overnight. Drain the beans, rinse under cold running water, and drain again. Set aside.

In a large (10-inch) pot or Dutch oven such as Le Creuset, heat ¼ cup of olive oil over medium heat, add the pancetta, and sauté for 4 to 5 minutes, until browned. Add the leeks, onions, carrots, celery, garlic, and rosemary and cook over medium-low for 10 minutes, stirring occasionally, until the vegetables are tender. Add the beans, 8 cups of the chicken stock, bay leaves, 1 tablespoon salt, and 1 teaspoon pepper and bring to a boil. Lower the heat and simmer, partially covered, for 1 hour and 30 minutes, until the beans are tender. Stir occasionally, scraping the bottom of the pot. Discard the bay leaves, cover the pot, and allow the soup to sit off the heat for 15 minutes. Add up to 2 more cups of chicken stock if the soup is too thick.

Reheat slowly, ladle into large shallow soup bowls, sprinkle with Parmesan cheese, drizzle with olive oil, and serve hot.

### **FOR CANNED BEANS:**

First, use 2 (14-ounce) cans of white cannellini beans. Drain the beans, reserving the liquid. Place 1 cup of the beans and ½ cup of the liquid into the bowl of a food processor fitted with the steel blade and puree. When ready to add the beans in the recipe, stir in the puree and add the remaining drained beans (discard the remaining liquid).

Second, use only 6 cups of chicken stock.

Third, simmer the soup for 45 minutes, rather than 1 hour and 30 minutes.

*Notes: To reheat a second day, you'll need to add some water, salt, and pepper.*

*Use bacon if you don't have pancetta.*

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# Comforting Cabbage Soup with Ginger

Cabbage turns tender and flavorful in this comforting soup. The aromatic broth is full of spices, including ginger and turmeric, making it perfect for enjoying on a cold day or keeping you hydrated if you're sick.

**Active:** 20 mins

**Total:** 30 mins

**Servings:** 6



Photography / Kelsey Hansen, Styling / Greg Luna

## Ingredients

2 tablespoons extra-virgin olive oil

1 cup chopped onion

2 medium carrots, halved and sliced

4 cloves garlic, minced

1 tablespoon minced fresh ginger

½ teaspoon ground turmeric

½ teaspoon crushed red pepper

4 cups low-sodium vegetable or chicken broth

1 14-ounce can no-salt-added diced tomatoes *or* 2 cups chopped fresh tomatoes

¾ teaspoon salt

½ teaspoon ground pepper

5 cups coarsely chopped green cabbage

1 medium zucchini, diced

Chopped parsley for garnish

## Directions

### Step 1

Heat oil in a large pot over medium heat. Add onion and carrots and cook, stirring, until starting to soften, about 3 minutes. Add garlic, ginger, turmeric and crushed red pepper. Cook, stirring, until fragrant, about 1 minute. Add broth, tomatoes and their juices, salt and pepper; bring to a boil. Stir in cabbage and zucchini; return to a boil, then reduce heat to maintain a simmer. Cook, stirring occasionally, until the vegetables are tender, about 10 minutes. Serve sprinkled with parsley, if desired.

## Nutrition Facts

**Serving Size:** about 1 1/3 cups

**Per Serving:** 118 calories; fat 6g; sodium 370mg; carbohydrates 14g; dietary fiber 4g; protein 5g; sugars 7g; niacin equivalents 3mg; saturated fat 1g; vitamin a iu 3736IU; potassium 534mg.

Chopped fresh dill for garnish

Chopped plum tomatoes for garnish

## **Nutrition Facts**

**Serving Size:** 1 1/2 cups

**Per Serving:** 270 calories; protein 18.6g; carbohydrates 29.1g; dietary fiber 3.2g; sugars 5.7g; fat 8.9g; saturated fat 1.9g; cholesterol 33.8mg; vitamin a iu 383.9IU; vitamin c 13.4mg; folate 72.4mcg; calcium 88.9mg; iron 1.7mg; magnesium 48.8mg; potassium 733.8mg; sodium 316.9mg; thiamin 0.2mg.

**Exchanges:** 1 1/2 fat, 1 1/2 lean protein, 1 1/2 starch, 1 vegetable

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# Alaskan Cod Chowder



**Total:** 45 mins

**Servings:** 6



In this healthy fish chowder recipe, heavy cream is replaced with milk and flour-thickened fish (or seafood) broth and we keep sodium amounts reasonable with lower-sodium broth. By making your own homemade fish chowder, you'll save up to 300 calories, 20 grams of saturated fat and 500 milligrams of sodium per serving compared to many store-bought or restaurant chowders.

EatingWell Test Kitchen

## Ingredients

3 tablespoons extra-virgin olive oil

1 cup diced onion

1 cup diced celery

½ cup all-purpose flour

1 tablespoon Worcestershire sauce

¾ teaspoon reduced-sodium Old Bay seasoning

¼ teaspoon salt

¼ teaspoon ground pepper

4 cups reduced-sodium fish or seafood stock

1 cup whole milk

3 cups diced red potatoes

2 cups chopped green beans

1 pound Alaskan cod (see Tip), cut into 1-inch pieces

## Directions

### Step 1

Heat oil in a large pot over medium heat. Add onion and celery; cook, stirring frequently, until softened and beginning to brown, 3 to 6 minutes. Sprinkle flour, Worcestershire, Old Bay seasoning, salt and pepper over the vegetables and cook, stirring, for 1 minute more. Add fish (or seafood) stock and milk; bring to a gentle boil, stirring constantly.

### Step 2

Stir in potatoes and green beans; bring just to a simmer. Simmer, uncovered, stirring occasionally, until the potatoes are tender, 12 to 15 minutes.

### Step 3

Add cod and cook, stirring frequently, until cooked through, 2 to 4 minutes. Serve topped with dill and tomatoes, if desired.

## Tips

**Tip:** Our favorite sustainable cod is U.S. Pacific cod from Alaskan waters; Atlantic cod (sometimes called scrod) from Iceland and the northeast Arctic are also sustainable choices. For more information about choosing sustainable seafood, visit [seafoodwatch.org](http://seafoodwatch.org).

## Tips

To make ahead: Cover and refrigerate for up to 3 days, slowly reheat over medium-low or microwave on Medium power.