

COOKING FOR WELLNESS

January 2023 Recipes



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

EatingWell

Bean & Barley Soup

★★★★★

This hearty bean and barley soup tastes like it has simmered for hours, but actually it's quite quick to throw together. Plus this recipe for healthy bean and barley soup freezes beautifully. If you have cooked barley on hand, omit the quick-cooking barley and stir in 1 1/2 cups cooked barley along with the broth in Step 2.

Total: 45 mins**Servings:** 4

Ingredients

4 teaspoons extra-virgin olive oil

1 large onion, chopped

1 medium fennel bulb, cored and chopped

5 cloves garlic, minced

1 teaspoon dried basil

1 (15 ounce) can cannellini or other white beans, rinsed

1 14-ounce can fire-roasted diced tomatoes

6 cups low-sodium vegetable broth

¾ cup quick-cooking barley

1 (5 ounce) package baby spinach (6 cups)

¼ cup grated Parmesan cheese

¼ teaspoon ground pepper

Directions

Heat oil in a Dutch oven over medium-high heat. Add onion, fennel, garlic, and basil; cook, stirring frequently, until tender and just beginning to brown, 6 to 8 minutes.

Mash 1/2 cup of the beans. Stir the mashed and whole beans, tomatoes, broth and barley into the pot. Bring to a boil over high heat. Reduce heat to medium and simmer, stirring occasionally, until the barley is tender, about 15 minutes. Stir in spinach and cook until wilted, about 1 minute. Remove from the heat and stir in cheese and pepper.

Tips

To make ahead: Refrigerate for up to 3 days or freeze for up to 6 months.

Nutrition Facts

Serving Size: 2 1/2 cups

Per Serving: 333 calories; protein 13.4g; carbohydrates 54.7g; dietary fiber 11.9g; sugars 10.7g; fat 7.8g; saturated fat 1.5g; cholesterol 4.3mg; vitamin a iu 1919.5IU; vitamin c 37.3mg; folate 24.4mcg; calcium 182.6mg; iron 3.5mg; magnesium 92.4mg; potassium 832.3mg; sodium 618.7mg; thiamin 0.1mg.

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

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Vegetarian Potato-Kale Soup

★★★★★

This healthy soup recipe has a rich, yet light and velvety texture. Serve with crusty bread and a glass of wine for a cozy meal.

Active: 45 mins**Total:** 45 mins**Servings:** 4

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Ingredients

1 tablespoon extra-virgin olive oil

1 small sweet onion, halved and thinly sliced

3 cloves garlic, finely chopped

4 cups low-sodium vegetable broth

2 cups water

1 pound baby red potatoes, halved lengthwise

2 medium parsnips, peeled and sliced 1/4-inch thick

1 teaspoon chopped fresh rosemary, plus more for garnish

¼ teaspoon salt

1 small bunch lacinato kale, stemmed and chopped

½ cup grated Parmesan cheese, plus more for garnish

¼ cup heavy cream

1 tablespoon lemon juice

Directions

Heat oil in a Dutch oven or large heavy pot over medium-high heat. Add onion; cook, stirring occasionally, until tender, about 5 minutes. Add garlic; cook, stirring constantly, until fragrant, about 30 seconds. Stir in broth, water, potatoes, parsnips, rosemary and salt; bring to a boil. Reduce heat to medium-low; cover and cook, stirring occasionally, until the vegetables are tender, about 15 minutes. Using the back of a spoon, gently mash the vegetables to slightly thicken the soup.

Stir in kale, Parmesan and cream; cook over medium-low heat, stirring occasionally, until the kale is wilted, about 10 minutes more. Stir in lemon juice just before serving. Garnish with additional rosemary and Parmesan, if desired.

Equipment

Dutch oven or large heavy pot

Nutrition Facts

Serving Size: 2 cups

Per Serving: 273 calories; fat 12g; cholesterol 23mg; sodium 444mg; carbohydrates 38g; dietary fiber 7g; protein 7g; sugars 7g; niacin equivalents 2mg; saturated fat 5g; vitamin a iu 4103IU; potassium 913mg.

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Broccoli, Cannellini Bean & Cheddar Soup

Total: 20 mins**Servings:** 6

★★★★☆

White beans pureed into this broccoli soup make it extra creamy so you don't need heaps of cheese to do the job. Serve with a crunchy whole-grain roll and a glass of winter ale.



Ingredients

1 14-ounce can reduced-sodium chicken broth, or vegetable broth
1 cup water
1 pound broccoli crowns, trimmed and chopped (about 6 cups)
1 14-ounce can cannellini beans, rinsed (see Tip)
¼ teaspoon salt
¼ teaspoon ground white pepper
1 cup shredded extra-sharp Cheddar cheese

Directions

Bring broth and water to a boil in a medium saucepan over high heat. Add broccoli, cover and cook until tender, about 8 minutes. Stir in beans, salt and pepper and cook until the beans are heated through, about 1 minute.

Transfer half the mixture to a blender with half the cheese and puree. (Use caution when pureeing hot liquids.) Transfer to a bowl. Repeat with the remaining broccoli mixture and cheese. Serve warm.

Tips

Tip: While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (These recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch.

Nutrition Facts

Serving Size: 1 cup

Per Serving: 152 calories; protein 11.2g; carbohydrates 15.1g; dietary fiber 5.6g; sugars 2.2g; fat 7.3g; saturated fat 4.1g; cholesterol 20.3mg; vitamin a iu 1241.5IU; vitamin c 56.5mg; folate 101.9mcg; calcium 205.4mg; iron 1.6mg; magnesium 18.8mg; potassium 491mg; sodium 558.4mg.