

Thai Coconut and Chicken Soup

1 lb. organic boneless, skinless chicken breast
3 15-oz. cans Thai Kitchen light coconut milk
2 c. Pacific organic chicken stock
12 quarter-size slices of galangal (also called Thai ginger; regular ginger can be substituted)
1/4 c. thinly sliced shallots
6 oz. fresh shiitake mushrooms, stems removed, thinly sliced
3-4 T. fish sauce, or to taste
1/2 t. sea salt
1 T. brown sugar, or to taste
2-3 T. fresh lime juice

Garnishes

2-3 serrano chili peppers, cut into thin circles
2 c. fresh bean sprouts
2 whole kaffir lime leaves, thinly sliced
1/4 c. fresh cilantro leaves, coarsely chopped

1) In a soup pot combine the coconut milk, chicken stock and ginger slices and bring to a boil. Lower heat and simmer, covered, for 20-30 minutes. Discard ginger.

2) Add the shallots, mushrooms, fish sauce, sea salt and brown sugar. Simmer for 5 minutes. When ready to serve, add chicken and bring to a quick boil. Simmer for 5 minutes. Add lime juice just before serving.

3) To serve, ladle soup into bowls and garnish with serranos, bean sprouts, kaffir lime and cilantro. Serve hot.

Nutrition (per serving, based on 8 servings): 225 calories; 56% calories from fat; 14.1g total fat (11.9g sat fat); 19mg cholesterol; 654mg sodium; 414mg potassium; 10.3g carbohydrates; 0.9g fiber; 3.6g sugar; 16.7g protein.

Shopping List

Organic Produce
galangal (or ginger)
shiitake mushrooms
shallots
bean sprouts
cilantro
limes
Kaffir lime leaves
serrano chilies

Meat

chicken breast

Pantry

Thai Kitchen light coconut milk
Pacific chicken stock
Thai Kitchen fish sauce

Sweet Potato Bisque

3 lbs. red-fleshed sweet potatoes (garnet)
4 T. unsalted butter
1 large onion, coarsely chopped
1 carrot, coarsely chopped
6 c. stock (chicken or vegetable)
2 T. grated fresh ginger
1 t. curry powder
1 c. crème fraiche or heavy cream
1/2 c. sherry
fine sea salt and freshly ground pepper to taste

Preheat oven to 400°F. Wash and dry sweet potatoes and pierce with a fork. Place on a baking sheet and bake in the oven until tender, 45-55 minutes. Cool, then scoop out the flesh. Set aside.

In a large stockpot, melt butter. Sauté the onions, carrots and ginger until slightly tender, about 5 minutes.

Add stock and bring to a boil. Cover, reduce heat and simmer for 12 minutes. Add sweet potato pulp and simmer an additional 10 minutes.

Add curry, crème fraiche and sherry and simmer for 3-4 minutes. Remove from heat and puree using an immersion blender, food mill, blender or food processor. Season to taste with salt and pepper.

Nutrition (per serving, based on 8 servings, using crème fraiche and before adding salt and pepper): 322 calories; 38% calories from fat; 14.3g total fat (9.0g sat fat); 42mg cholesterol; 575mg sodium; 682mg potassium; 40.2g carbohydrates; 6.0g fiber; 8.4g sugar; 5.8g protein.

Shopping List

Organic Produce
garnet sweet potatoes
onion
carrot
ginger

Dairy
crème fraiche or cream
unsalted butter

Pantry
sherry
Pacific chicken or vegetable stock

Bulk
curry powder

Creamy Potato Soup with Cheddar Cheese and Dill

4 T. butter
2 c. diced onion
2 c. diced carrots
2 cloves garlic, minced
4 c. vegetable or chicken stock
(more if needed to thin soup)
1 lb. russet potatoes, cubed
2 c. grated low-fat Tillamook Cheddar
cheese
1/4 c. finely chopped fresh dill
2 T. finely chopped flat-leaf parsley
Optional Garnish:
fresh croutons

In a large pot, melt butter on medium heat and slowly sweat the onions and carrots until nice and tender (keep lid on as they cook), roughly 10 minutes. Add stock and potatoes and bring to a simmer.

2) Simmer for 15 minutes or until potatoes fall apart completely.

3) Remove from heat and stir in the dill. Puree soup in a blender or food processor (or use an immersion blender) until nice and smooth. Return soup to the pot and adjust thickness as needed.

4) On low heat, stir in the cheese and heat until the cheese is incorporated into the soup. Garnish soup with parsley and croutons (if using) and serve hot.

Nutrition (per serving, based on 8 servings, using vegetable stock and excluding croutons):
191 calories; 36% calories from fat; 7.9g total fat (4.9g sat fat); 21mg cholesterol; 531mg sodium;
427mg potassium; 21.2g carbohydrates; 2.2g fiber; 3.7g sugar; 9.4g protein.

Shopping List

Organic Produce
russet potatoes
carrots
onions
garlic
dill
parsley

Dairy
butter
Tillamook low-fat Cheddar cheese

Pantry
Pacific vegetable or chicken stock

White Bean and Escarole Soup

1 lb. white beans (Great Northern or navy)
1 clove garlic, peeled, plus 1 t. minced garlic
1/2 t. dried thyme
6 peppercorns
1 bay leaf
1/2 lb. turkey bacon, diced
1 small onion, finely chopped
1 carrot, peeled and chopped
1 leek, white part only, chopped
1 stalk celery, chopped
12 c. chicken stock or broth
salt and pepper
1 T. olive oil
1 head escarole, washed and chopped
crushed red pepper, optional

1) Place the beans in cold water to cover by about 3 inches. Soak for 8 hours or overnight, refrigerated. Drain well and set aside.

2) Combine the whole garlic clove, thyme, peppercorns and bay leaf in a cheesecloth bag. Tie the bag closed and set aside.

3) Place the bacon in a large saucepan over medium heat and sauté for about 7 minutes or until the fat has rendered out and the bacon is crisp. Drain off all fat. Add the onion, carrot, leek, and celery and sauté for about 5 minutes or until the vegetables are soft but have not taken on any color. Add the reserved soaked beans and cheesecloth bag along with the stock or broth and bring to a boil. Season to taste with salt and pepper. Lower the heat and simmer, stirring frequently, for about 90 minutes or until the beans are very tender.

4) Heat the olive oil in a large sauté pan over medium heat. Add the minced garlic and sauté for 1 minute. Add the escarole and sauté for about 4 minutes or until the escarole is wilted. Add the escarole to the soup. Taste and adjust the seasoning with salt, and if using, crushed red pepper. Serve hot.

Nutrition (per serving, based on 8 servings, before adding salt and peppers): 328 calories; 21% calories from fat; 8.0g total fat (1.9g sat fat); 25mg cholesterol; 1317mg sodium; 1359mg potassium; 43.2g carbohydrates; 11.1g fiber; 3.8g sugar; 23.5g protein.

Shopping List

Organic Produce

onion
garlic
celery
leek
carrot
escarole
parsley

Meat

turkey bacon

Pantry

Spectrum olive oil
Pacific chicken stock

Bulk

white beans
dried thyme
bay leaf
red pepper flakes

Corn and Crab Chowder

3 T. butter
3 T. flour
1 medium onion, diced
2 stalks celery, diced
1 t. each chopped fresh
thyme and oregano
2 c. low-fat chicken stock
2 c. diced potatoes
(about 8 oz.)
2 c. corn kernels (fresh
or frozen)
2 c. whole milk
8 oz. picked Dungeness crab meat
(or use Crown Prince canned)
sea salt and freshly ground pepper
to taste
2 T. finely chopped Italian parsley
for garnish

1) Melt butter in a heavy large pot over medium heat. Add flour and cook for 3-4 minutes or until flour is golden brown. Add onion, celery and herbs and sauté until tender, about 3 minutes.

2) Add stock and potatoes and bring soup to boil. Reduce heat to a simmer and cook 10-12 minutes or until potatoes are tender, stirring occasionally.

3) Add milk and corn and cook for 5 minutes more. Add crab and heat through for about 2 minutes (try not to break up crab too much). Season to taste, garnish with parsley and serve.

Nutrition (per serving, based on 8 servings, before adding salt and pepper): 170 calories; 36% calories from fat; 6.9g total fat (4.0g sat fat); 34mg cholesterol; 403mg sodium; 425mg potassium; 18.6g carbohydrates; 2.0g fiber; 5.5g sugar; 9.7g protein.

Shopping List

Organic Produce

onion
potatoes
celery
thyme
oregano
parsley

Dairy

milk

Seafood

picked Dungeness crab meat

Pantry

Pacific chicken stock
Crown Prince canned crab (if not using
fresh)