



# EatingWell Favorite Chili, Soup & Stew Recipes

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## Swedish Yellow Split Pea Soup with Ham

**Makes:** 8 servings, about 1½ cups each

**Active time:** 25 minutes

**Slow-cooker time:** 5-8 hours

**To prep ahead:** Prep carrots, celery, ginger and dice ham; refrigerate in separate containers.

**Equipment:** 5- to 6-quart slow cooker

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This yellow split pea soup has fresh ginger to give it a bright flavor. Use the best ham you can find to get the most flavor.

- 3 cups yellow split peas (about 1½ pounds)
- 4 cups reduced-sodium chicken broth
- 4 cups water
- 2 cups diced yellow onion
- 1 cup diced carrot
- 1 cup finely diced celery
- 8 ounces ham, trimmed and diced
- 1 tablespoon minced fresh ginger
- 1 teaspoon dried marjoram
- Freshly ground pepper to taste

1. Place split peas in a medium bowl. Wash with cold water until the water runs clear; drain and spread in a 5- to 6-quart slow cooker.

2. Add broth, water, onion, carrot, celery, ham, ginger and marjoram to the slow cooker. Stir to combine.

3. Cover and cook for 5 hours on High or 7 to 8 hours on Low. Season with pepper.

**Per serving:** 329 calories; 3 g fat (1 g sat, 1 g mono); 16 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 28 g protein; 20 g fiber; 691 mg sodium; 1,065 mg potassium.

**Nutrition bonus:** Vitamin A (57% daily value), Folate (56% dv), Potassium (31% dv), Magnesium (26% dv), Iron (22% dv), Zinc (21% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 3 starch, 1 vegetable, 3 lean meat

## Slow-Cooker Stout & Chicken Stew

**Makes:** 8 servings, about 1⅓ cups each

**Active time:** 45 minutes

**Slow-cooker time:** 4-8 hours

**To prep ahead:** Trim chicken, chop bacon; prep onion and garlic; defrost peas.

Refrigerate in separate containers.

**Equipment:** 5- to 6-quart slow cooker

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Chicken thighs can take plenty of cooking without getting tough or drying out, which makes them perfect for the slow cooker.

- 6 tablespoons plus ½ cup all-purpose flour, divided
- 1 teaspoon salt, divided, plus more to taste
- ½ teaspoon freshly ground pepper, plus more to taste
- 2½ pounds boneless, skinless chicken thighs, trimmed
- 4 teaspoons extra-virgin olive oil, divided
- 3 pieces bacon, chopped
- 1⅓ cups Guinness beer or other stout (14-ounce can)
- 1 pound whole baby carrots or large carrots cut into 1-inch pieces
- 1 8-ounce package cremini or button mushrooms, halved if large
- 2 cups chopped onion
- 4 cloves garlic, minced
- 1½ teaspoons dried thyme
- 1 cup reduced-sodium chicken broth
- 2 cups frozen baby peas, thawed

1. Combine 6 tablespoons flour with ½ teaspoon each salt and pepper in a shallow bowl. Dredge chicken thighs in the mixture to coat completely; transfer to a plate.

2. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add half the chicken and cook until well browned, 2 to 4 minutes per side; transfer to a 5- to 6-quart slow cooker. Reduce heat to medium and repeat with the remaining 2 teaspoons oil and chicken thighs. Arrange the chicken in an even layer



in the slow cooker.

3. Add bacon to the pan and cook, stirring often, for 2 minutes. Sprinkle the remaining ½ cup flour over the bacon and cook, stirring constantly, for 2 minutes more. Add stout and use a wooden spoon to scrape up any browned bits from the bottom of the pan. Pour the mixture over the chicken. Add carrots, mushrooms, onion, garlic and thyme, spreading in an even layer over the chicken. Pour broth over the top.

4. Cover and cook until the chicken is falling-apart tender, 4 hours on High or 7 to 8 hours on Low.

5. Stir in peas, cover and cook until the peas are heated through, 5 to 10 minutes more. Season with the remaining ½ teaspoon salt and pepper.

**Per serving:** 365 calories; 13 g fat (3 g sat, 6 g mono); 88 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 30 g protein; 4 g fiber; 570 mg sodium; 650 mg potassium.

**Nutrition bonus:** Vitamin A (200% daily value), Folate & Zinc (23% dv), Vitamin C (22% dv), Potassium (19% dv), Iron (17% dv).

**Carbohydrate Servings:** 1½

**Exchanges:** 1 starch, 2 vegetable, 3 lean meat, 1 fat



## Potato-Leek Bisque

**Makes:** 8 servings, about 1 cup each

**Active time:** 50 minutes

**Total:** 50 minutes

**To make ahead:** Cover and refrigerate the bisque and the crouton topping for up to 3 days.

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It's hard to believe how rich and creamy this potato-leek soup is even though there's not a drop of cream in it. Croutons topped with anchovy, olives and leek are a crunchy, savory foil to the soup. But skip them if you like and incorporate all the cooked leeks into the soup instead.

- 2 tablespoons extra-virgin olive oil
- 3 pounds leeks, white and light green parts only, sliced (see Tip)
- $\frac{3}{4}$  teaspoon salt, divided
- $\frac{1}{2}$  pounds Yukon Gold potatoes, peeled and diced
- 3 cups nonfat or low-fat milk
- 2 cups reduced-sodium chicken broth
- 3 tablespoons lemon juice
- $\frac{1}{4}$  teaspoon ground white pepper, or to taste

Thinly sliced fresh chives for garnish

### Croutons

- $\frac{1}{4}$  cup minced pitted oil-cured olives
- 3 anchovies, minced
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 8 slices baguette, preferably whole-wheat, toasted

**1. To prepare bisque:** Heat oil in a Dutch oven over medium heat. Add leeks and  $\frac{1}{4}$  teaspoon salt. Cook, stirring occasionally, until very tender but not brown, 20 to 30 minutes. Adjust heat as necessary and add a bit of water if needed to prevent sticking. Set aside  $\frac{1}{3}$  cup of the leeks in a small bowl.

**2. Add potatoes, milk and broth to the pot.** Bring to a simmer (do not boil) and cook, stirring occasionally, until the potatoes are very tender, 10 to 15 minutes.

**3. To prepare croutons:** Meanwhile, add olives, anchovies and black pepper to the reserved leeks; mix well. Divide evenly among the toasted baguette slices.

**4. When the potatoes are tender, remove from the heat.** Puree the soup with an immersion blender or in batches in a regular blender. (Use caution when pureeing hot liquids.) Season with the remaining  $\frac{1}{2}$  teaspoon salt, lemon juice and white pepper. Divide among 8 soup bowls and float a crouton on top of each. Garnish with chives, if desired.

**Per serving:** 276 calories; 6 g fat (1 g sat, 3 g mono); 3 mg cholesterol; 48 g carbohydrate; 0 g added sugars; 9 g protein; 3 g fiber; 740 mg sodium; 606 mg potassium.

**Nutrition bonus:** Vitamin C (32% daily value), Potassium (18% dv), Calcium (17% dv), Folate & Iron (16% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2 starch,  $\frac{1}{2}$  vegetable,  $\frac{1}{2}$  fat-free milk, 1 fat

**Tip:** To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain. Repeat until no grit remains.



## Spinach & Goat Cheese Bisque

**Makes:** 8 servings, about 1 cup each

**Active time:** 50 minutes

**Total:** 50 minutes

**To make ahead:** Cover and refrigerate for up to 3 days.

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A little fresh goat cheese and a touch of butter are just enough to make this spinach soup silky, creamy and a little nutty—but not enough to overdo it. We use dark green spinach for this soup because of the lovely color it produces, though you could use red-veined spinach and have just as good a flavor. *(Recipe by Anna Thomas for EatingWell.)*

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 2 large yellow onions, chopped
- ½ teaspoon salt, divided, plus more to taste
- 2 tablespoons plus 2 cups water, divided
- 1 teaspoon dried thyme or 2 teaspoons fresh
- 1 large Yukon Gold potato, peeled and diced
- 2 tablespoons cream sherry or Marsala
- 4 cups vegetable broth, store-bought or homemade
- 24 cups gently packed spinach (about 1¼ pounds), any tough stems trimmed
- Pinch of cayenne pepper
- ¼ teaspoon ground nutmeg
- ½ cup crumbled fresh goat cheese (2 ounces), plus more for garnish
- 2 tablespoons butter
- 1 tablespoon fresh lemon juice, or more to taste
- Soup croutons for garnish (see *Tip*)

1. Heat oil in a large skillet over high heat. Add onions and ¼ teaspoon salt; cook, stirring frequently, until the onions begin to brown, about 5 minutes. Reduce the heat to low, add 2 tablespoons water and thyme and cover. Cook, stirring frequently until the pan cools down, and then occasionally, always covering the pan again, until the onions are greatly reduced and have a deep caramel color, 25 to 30 minutes.

2. Meanwhile, combine the remaining 2 cups water and ¼ teaspoon salt in a large soup pot or Dutch oven; add potato. Bring to a boil. Reduce heat to maintain a simmer and cook until very soft, 12 to 15 minutes.

3. When the onions are caramelized, stir sherry (or Marsala) into them; add them to the pot along with broth. Return to a simmer. Stir in spinach, cayenne and nutmeg; cover and cook, stirring once, until the spinach is tender but still bright green, about 5 minutes.

4. Remove from the heat, stir in goat cheese, butter and 1 tablespoon lemon juice; allow the butter and cheese to melt. Puree the soup in the pot with an immersion blender until perfectly smooth or in a regular blender in batches (return it to the pot). Taste and add more salt and/or lemon juice, if desired. Serve garnished with a large soup crouton and crumbled goat cheese, if desired.

**Per serving:** 147 calories; 7 g fat (3 g sat, 3 g mono); 11 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 5 g protein; 4 g fiber; 447 mg sodium; 514 mg potassium.

**Nutrition bonus:** Vitamin A (128% daily value), Vitamin C (30% dv), Folate (24% dv), Iron & Magnesium (16% dv).

**Carbohydrate Servings:** 1

**Exchanges:** ½ starch, 1 vegetable, 1 fat

### To make 8 soup croutons:

Slice one-fourth of a whole-grain baguette into 8 slices ½ inch thick. Melt 1 tablespoon butter; lightly brush on both sides of each slice. Place the slices on a baking sheet. Bake at 350°F until the edges are crisp and golden brown, 10 to 20 minutes, keeping an eye on them so they don't burn.





## Smoky Black Bean Soup

**Makes:** 6 servings, 1½ cups each

**Active time:** 30 minutes

**Total:** 2 hours (not including bean-soaking time)

**To make ahead:** Prepare through Step 3, cover and refrigerate for up to 3 days; thin with a little water if necessary after reheating.

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This will probably be the most hauntingly delicious black bean soup you've ever tasted. The coffee adds a slightly toasty, woody background note. The optional ham hock adds smoky, salty ham flavor. (Recipe by Joyce Hendley for EatingWell.)

- 1 pound dried black beans (2 cups)
- 2 tablespoons extra-virgin olive oil
- 2 medium onions, finely chopped, ½ cup reserved for garnish
- 1 red bell pepper, finely chopped
- 2 large stalks celery, chopped
- 1 jalapeño pepper, seeded and finely chopped
- 3 large cloves garlic, minced
- 1 tablespoon ground cumin
- 4 cups water
- 2 cups brewed coffee

- 1 ham hock (optional)
- 1 bay leaf
- 1 teaspoon salt, plus more if needed
- 6 tablespoons reduced-fat sour cream or plain Greek yogurt for garnish
- Chopped fresh cilantro for garnish

1. Pick over beans; rinse well. Place in a large bowl with cold water to cover by 2 inches. Let soak for at least 6 hours or overnight. (Or use the quick-soak method: Cover the beans with 2 inches of water and bring to a boil; simmer 2 minutes. Remove from the heat and let stand, covered, for 1 hour.) Drain.

2. Heat oil in a soup pot or Dutch oven over medium-high heat. Add all but ½ cup of the onions, bell pepper, celery, jalapeño and garlic and cook, stirring frequently, until the vegetables are beginning to brown, 5 to 8 minutes. Add cumin and cook, stirring, 1 minute more. Add the beans, water, coffee, ham hock (if using) and bay leaf; cover and bring to a boil, stirring occasionally. Skim off any foam that rises to the top, reduce the heat, cover and simmer until the beans are very tender, 1 ¼ to 1 ½ hours. If using, remove the ham hock and set it aside to cool; remove the bay leaf. Stir in salt.

3. Puree about half of the soup in a blender or food processor until fairly smooth. (Use caution when pureeing hot liquids.) Return the pureed soup to the pot and heat through. If desired, cut meat off the ham hock, trim away any fat and chop the meat into small pieces; stir back into the soup.

4. Serve the soup garnished with the reserved chopped onion, a dollop of sour cream (or yogurt) and cilantro, if desired.

**Per serving:** 298 calories; 8 g fat (2 g sat, 4 g mono); 6 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 15 g protein; 15 g fiber; 423 mg sodium; 768 mg potassium.

**Nutrition bonus:** Folate (64% daily value), Vitamin C (50% dv), Magnesium (31% dv), Potassium (22% dv), Iron (21% dv), Vitamin A (16% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 2 starch, 1 vegetable, 2 lean meat, 1 fat

## Creamy Hungarian Mushroom Soup

**Makes:** 6 servings, about 1½ cups each

**Active time:** 45 minutes **Total:** 45 minutes

**To make ahead:** Cover and refrigerate for up to 2 days; reheat over low.

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Mushroom-soup lovers, this soup is for you! Russet potatoes make it hearty, and dill and paprika add plenty of flavor. We skip the generous amount of full-fat sour cream and butter typically used in creamy mushroom soups.

- 1 tablespoon extra-virgin olive oil
- 1½ pounds mushrooms, thinly sliced
- 1 medium onion, diced
- 3 tablespoons all-purpose flour
- 2 tablespoons paprika, preferably Hungarian (see Tip)
- 2 tablespoons dried dill
- 4 cups mushroom broth or reduced-sodium beef broth
- 2 cups low-fat milk
- 1½ pounds russet potatoes, peeled and cut into ½-inch pieces
- ½ cup reduced-fat sour cream
- ¾ teaspoon salt

1. Heat oil in a Dutch oven over medium-high heat. Add mushrooms and onion and cook, stirring occasionally, until most of the liquid evaporates, 10 to 15 minutes.

2. Reduce heat to medium and cook, stirring frequently, until the mushrooms are very soft, about 3 minutes more. Add flour, paprika and dill and cook, stirring, for 15 seconds. Add broth, milk and potatoes; cover and bring to a simmer. Reduce heat to maintain a lively simmer and cook, uncovered, until the potatoes are tender, about 5 minutes. Remove from the heat and stir in sour cream and salt.



**Per serving:** 232 calories; 6 g fat (2 g sat, 3 g mono); 12 mg cholesterol; 37 g carbohydrate; 0 g added sugars; 10 g protein; 4 g fiber; 703 mg sodium; 971 mg potassium.

**Nutrition bonus:** Potassium & Vitamin A (28% daily value), Vitamin C (23% dv), Calcium (16% dv).

**Carbohydrate Servings:** 2½

**Exchanges:** 1½ starch, 1 vegetable, 1 fat

**Tip:** Paprika labeled “Hungarian” is worth seeking out for this soup because it delivers a fuller, richer flavor than regular paprika. Find it at well-stocked supermarkets, specialty-foods stores or online at [penzeys.com](http://penzeys.com).



## Vegetable Lover's Chicken Soup

**Makes:** 2 servings, 2 cups each

**Active time:** 35 minutes **Total:** 40 minutes

**To make ahead:** Cover and refrigerate up to 3 days or freeze up to 3 months

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Classic comfort food is yours, in just slightly more than half an hour.

- 1 tablespoon extra-virgin olive oil
- 8 ounces chicken tenders, cut into bite-size chunks
- 1 small zucchini, finely diced
- 1 large shallot, finely chopped
- ½ teaspoon Italian seasoning blend
- ⅛ teaspoon salt
- 2 plum tomatoes, chopped
- 1 14-ounce can reduced-sodium chicken broth
- ¼ cup dry white wine
- 2 tablespoons orzo or other tiny pasta, such as farfelle
- 1½ cups packed baby spinach

1. Heat oil in a large saucepan over medium-high heat. Add chicken and cook, stirring occasionally, until browned, 3 to 4 minutes. Transfer to a plate.

2. Add zucchini, shallot, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened, 2 to 3 minutes. Add tomatoes, broth, wine and orzo (or other tiny pasta); increase heat to high and bring to a boil, stirring occasionally. Reduce heat to a simmer and cook until the pasta is tender, about 8 minutes, or according to package directions. Stir in spinach, the cooked chicken and any accumulated juices from the chicken; cook, stirring, until the chicken is heated through, about 2 minutes.

**Per serving:** 261 calories; 8 g fat (1 g sat, 5 g mono); 72 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 31 g protein; 2 g fiber; 355 mg sodium; 483 mg potassium.

**Nutrition bonus:** Vitamin A (70% daily value), Vitamin C (45% dv), Folate (22% dv).

**Carbohydrate Servings:** 1

**Exchanges:** 2 vegetable, 3½ very lean meat, ½ fat



## Beef & Bean Chile Verde

**Makes:** 4 servings, about 1½ cups each

**Active time:** 20 minutes

**Total:** 30 minutes

**To make ahead:** Cover and refrigerate for up to 3 days. Reheat just before serving.

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Chile Verde, usually a slow-cooked stew of pork, jalapeños and tomatillos, becomes an easy weeknight meal with quick-cooking ground beef and store-bought green salsa.

- 1 pound 93%-lean ground beef
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon cayenne pepper, or to taste
- 1 16-ounce jar green salsa, green enchilada sauce or taco sauce
- ¼ cup water
- 1 15-ounce can pinto or kidney beans, rinsed

Cook beef, bell pepper and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in salsa (or sauce) and water; bring to a simmer. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Stir in beans and cook until heated through, about 1 minute.

**Per serving:** 307 calories; 8 g fat (3 g sat, 3 g mono); 64 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 27 g protein; 6 g fiber; 516 mg sodium; 641 mg potassium.

**Nutrition bonus:** Vitamin C (100% daily value), Vitamin A & Zinc (40% dv), Folate (20% dv), Potassium (18% dv).

**Carbohydrate Servings:** 1½

**Exchanges:** 1 starch, 2 vegetable, 3 lean meat





## Half-Hour Chili

**Makes:** 6 servings, about 1½ cups each

**Active time:** 15 minutes

**Total:** 30 minutes

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This truly tasty half-hour vegetarian chili is made possible by using convenient canned beans and tomatoes (no pantry should be without them). Whole-grain bulgur adds another layer of toothsome texture and nutritional heft. This chili is relatively mild, so it's a good crowd-pleaser. If you like it spicy, add extra chili powder or serve with hot sauce.

- 1 tablespoon canola oil
- 3 medium onions, chopped
- 1 carrot, chopped
- 1 tablespoon finely chopped jalapeño pepper
- 2 cloves garlic, finely chopped
- 1-2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 28-ounce can plus one 14-ounce can whole tomatoes, chopped, with juices

- 1 teaspoon brown sugar
- ¼ teaspoon salt
- 2 15-ounce cans red kidney beans, rinsed
- ⅓ cup bulgur (see *Tip*)
- ½ cup nonfat plain yogurt for garnish
- ⅓ cup chopped scallions for garnish
- ¼ cup chopped fresh cilantro for garnish

1. Heat oil in a Dutch oven over medium heat. Add onions, carrot, jalapeño, garlic, chili powder to taste and cumin. Cook, stirring often, until the onions and carrot are soft, 5 to 7 minutes.

2. Add tomatoes with their juices, sugar and salt; cook for 5 minutes over high heat. Reduce heat to low; stir in beans and bulgur. Simmer until the chili is thickened, about 15 minutes.

3. Garnish with yogurt, scallions and cilantro, if desired.

**Per serving:** 217 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 40 g carbohydrate; 1 g added sugars; 10 g protein; 13 g fiber; 697 mg sodium; 854 mg potassium.

**Nutrition bonus:** Vitamin A (49% daily value), Vitamin C (43% dv), Potassium (25% dv), Folate & Iron (24% dv), Magnesium (20% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 2 starch, 1 vegetable, 1 lean meat

**Tip:** Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. Don't confuse bulgur with cracked wheat, which is simply that—cracked wheat. Since the parboiling step is skipped, cracked wheat must be cooked for up to an hour whereas bulgur simply needs a quick soak in hot water for most uses. Look for it in the natural-foods section of large supermarkets, near other grains.

## Quick French Onion Soup

**Makes:** 2 servings, 1½ cups each

**Active time:** 30 minutes

**Total:** 30 minutes

**To make ahead:** Prepare through Step 2.

Cover and refrigerate up to 3 days or freeze up to 3 months

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Bring the allium family—onions, leeks, garlic—together in this simpler and heartier version of French onion soup. If you've always found the traditional melted cheese topping too intimidating to try at home, you'll find this version user-friendly; just top toasted bread with cheese and pour the soup over to melt it. Including chickpeas makes it filling enough for a main course.

- 1 tablespoon extra-virgin olive oil
- 1 small sweet onion, sliced
- 1 leek, white and light green parts only, chopped
- 2 tablespoons chopped garlic
- ½ teaspoon chopped fresh thyme or ¼ teaspoon dried
- 1 tablespoon sherry (see *Tip*)
- Freshly ground pepper to taste
- 1 14-ounce can reduced-sodium beef broth
- 1 8-ounce can chickpeas, rinsed
- 2 tablespoons minced fresh chives or scallion greens
- 2 slices whole-wheat country bread, toasted
- ⅓ cup shredded Gruyère or fontina cheese

1. Heat oil in a large saucepan over medium-high heat. Add onion, stir to coat and cover. Reduce heat to medium and cook, stirring often, until the onion is soft and starting to brown, 6 to 8 minutes. Add leek, garlic and thyme and cook, uncovered, stirring often, until the leek begins to soften, 3 to 4 minutes.

2. Add sherry and pepper. Increase heat to medium-high and cook, stirring, until most of



the liquid has evaporated, about 30 seconds. Stir in broth and chickpeas; bring to a boil. Reduce heat to a simmer and cook until the vegetables are tender, about 3 minutes. Remove from the heat and stir in chives (or scallion greens).

3. Place bread in the bottom of 2 bowls; top with cheese. Ladle the soup over the bread and cheese and serve immediately.

**Per serving:** 484 calories; 15 g fat (5 g sat, 8 g mono); 23 mg cholesterol; 66 g carbohydrate; 0 g added sugars; 19 g protein; 9 g fiber; 608 mg sodium; 504 mg potassium.

**Nutrition bonus:** Vitamin C (35% daily value), Calcium (30% dv), Vitamin A (20% dv), Magnesium (18% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2 starch, 2 vegetable, 1 medium-fat meat, ½ fat

**Tip:** Sherry is a type of fortified wine originally from southern Spain. Don't use the "cooking sherry" sold in many supermarkets—it can be surprisingly high in sodium. Instead, purchase dry sherry that's sold with other fortified wines in your wine or liquor store.





## Root Vegetable Stew with Herbed Dumplings

**Makes:** 6 servings, about 1½ cups stew & 3 dumplings each

**Active time:** 50 minutes

**Total:** 1 hour

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This root vegetable stew is flecked with sausage and topped with whole-wheat herbed dumplings. Turn up the heat by using hot Italian sausage or make it crowd-pleasing with sweet sausage. If you find beets or turnips with their greens still attached, the greens of one bunch should yield just enough for this dish. Otherwise use whatever dark leafy greens look fresh at the market.

### Stew

- 4 teaspoons extra-virgin olive oil, divided
- 8 ounces Italian sausage links, hot or sweet
- 2 pounds assorted root vegetables, peeled (see *Tip*) and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 tablespoon chopped fresh sage or rosemary
- 4 cups reduced-sodium chicken broth
- 3 cups chopped dark, leafy greens, such as beet, turnip or kale

### Dumplings

- 1¼ cups whole-wheat pastry flour
- ½ cup cake flour
- 1 tablespoon chopped fresh sage or rosemary
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 1 large egg, lightly beaten
- ½ cup low-fat milk

**1. To prepare stew:** Heat 2 teaspoons oil in a medium skillet over medium heat. Add sausages and cook until browned on all sides, 5 to 6 minutes. Transfer to a clean cutting board. Let cool slightly and cut into 1-inch pieces.

**2.** If using parsnips, quarter lengthwise and remove the woody core before dicing. Heat the remaining 2 teaspoons oil in a Dutch oven over medium heat. Cook onion, stirring occasionally, until barely tender, about 4 minutes. Add root vegetables and cook for 5 minutes. Add garlic and sage (or rosemary) and cook until fragrant, about 30 seconds. Add broth and bring to a simmer, stirring often.

**3. To prepare dumplings:** Meanwhile, whisk whole-wheat flour, cake flour, sage (or rosemary), baking powder and salt in a medium bowl. Add egg and milk and stir until a stiff batter forms.

**4.** When the stew reaches a simmer, stir in greens and the sausage and return to a simmer. Drop the dough, about 1 tablespoon at a time, over the stew, making about 18 dumplings. Adjust the heat to maintain a gentle simmer, cover and cook undisturbed until the dumplings are puffed, the vegetables are tender and the sausage is cooked through, about 10 minutes.

**Per serving:** 403 calories; 17 g fat (5 g sat, 8 g mono); 69 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 16 g protein; 7 g fiber; 815 mg sodium; 744 mg potassium.

**Nutrition bonus:** Vitamin A (150% daily value), Vitamin C (45% dv), Folate (27% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2½ starch, 1 vegetable, 1 high-fat meat, 1 fat

**Tip:** Beets, carrots and parsnips are easily peeled with a vegetable peeler, but for tougher-skinned roots like celeriac, rutabaga and turnips, removing the peel with a knife can be easier. Cut off one end of the root to create a flat surface to keep it steady on the cutting board. Follow the contour of the vegetable with your knife. If you use a vegetable peeler on the tougher roots, peel around each vegetable at least three times to ensure all the fibrous skin has been removed.



## Salmon Chowder

**Makes:** 6 servings, about 1½ cups each

**Active time:** 30 minutes

**Total:** 30 minutes

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The flavor of this salmon chowder is greatly enhanced by adding either fresh dill or dried tarragon: each herb lends its own distinctively different and appealing character to the soup. Even if you don't keep instant mashed potatoes in your pantry, it's worth picking some up for this soup. They give the soup a thick, chowder texture without any heavy cream or butter. Leftover mashed potatoes work too, but give a slightly less-velvety texture. *(Recipe by Nancy Baggett for EatingWell.)*

- 1 tablespoon canola oil
- ⅓ cup chopped carrot
- ⅓ cup chopped celery
- 4 cups reduced-sodium chicken broth
- 1½ cups water
- 1 12-ounce skinned salmon fillet, preferably wild-caught (see *Tips*)
- 2½ cups frozen cauliflower florets, thawed and coarsely chopped
- 3 tablespoons chopped fresh chives or scallions or 1½ tablespoons dried chives
- 1⅓ cups instant mashed potato flakes (see *Tips*) or 2 cups leftover mashed potatoes
- ¼ cup chopped fresh dill or 2 teaspoons dried tarragon
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- Freshly ground pepper to taste

1. Heat oil in a large saucepan or Dutch oven over medium heat. Add carrot and celery and cook, stirring frequently, until the vegetables just begin to brown, 3 to 4 minutes. Add broth, water, salmon, cauliflower and chives (or scallions) and bring to a simmer. Cover

and cook, maintaining a gentle simmer, until the salmon is just cooked through, 5 to 8 minutes. Remove the salmon to a clean cutting board. Flake into bite-size pieces with a fork.

2. Stir potato flakes (or leftover mashed potatoes), dill (or tarragon) and mustard into the soup until well blended. Return to a simmer. Add the salmon and reheat. Season with salt and pepper.

**Per serving:** 115 calories; 5 g fat (1 g sat, 2 g mono); 27 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 15 g protein; 2 g fiber; 552 mg sodium; 496 mg potassium.

**Nutrition bonus:** Vitamin C (50% daily value), Vitamin A (25% dv), omega-3s.

**Carbohydrate Servings:** 0

**Exchanges:** 1 starch, 1 vegetable, 2 lean meat

### Tips:

Wild-caught salmon from the Pacific (Alaska and Washington) are more sustainably fished and have a larger, more stable population. For more information, visit Monterey Bay Aquarium Seafood Watch ([seafoodwatch.org](http://seafoodwatch.org)).

To skin a salmon fillet, place on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

Instant mashed potato flakes is not a product that we typically use in our recipes, but we love how it gives creamy texture to soup without adding extra fat. Look for a brand that has the fewest ingredients possible (and therefore little to no artificial additives or flavoring). At our local market, the store brand was the best choice.





## Ravioli & Vegetable Soup

**Makes:** 4 servings, about 2 cups each

**Active time:** 25 minutes

**Total:** 25 minutes

**To make ahead:** Cover and refrigerate for up to 3 days. Thin with broth before reheating, if desired.

☐ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

Fresh or frozen ravioli cook in minutes and turn this light vegetable soup into a main course. Look for whole-wheat or whole-grain ravioli in the refrigerated or frozen section of the supermarket. Tortellini can be used instead of ravioli as well. (Recipe by Nancy Baggett for EatingWell.)

- 1 **tablespoon extra-virgin olive oil**
- 2 **cups frozen bell pepper and onion mix, thawed and diced**
- 2 **cloves garlic, minced**
- ¼ **teaspoon crushed red pepper, or to taste (optional)**
- 1 **28-ounce can crushed tomatoes, preferably fire-roasted**
- 1 **14-ounce can vegetable broth or reduced-sodium chicken broth**

1½ **cups hot water**

- 1 **teaspoon dried basil or marjoram**
- 1 **6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat**
- 2 **cups diced zucchini (about 2 medium)**
- Freshly ground pepper to taste**

Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

**Per serving:** 263 calories; 9 g fat (3 g sat, 3 g mono); 28 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 11 g protein; 7 g fiber; 749 mg sodium; 760 mg potassium.

**Nutrition bonus:** Vitamin C (60% daily value), Vitamin A (41% dv), Iron & Potassium (22% dv), Calcium (16% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 1 starch, 2 vegetable, 1 fat

## Dijon Chicken Stew

**Makes:** 4 servings, about 1¼ cups each

**Active time:** 35 minutes

**Total:** 35 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

This satisfying stew stars chunks of chicken and tender braised escarole in a flavorful Dijon wine sauce. Try it with boneless, skinless chicken thighs or pork tenderloin, if you prefer.

- ¼ **cup water**
- 2 **tablespoons Dijon mustard**
- 1 **tablespoon cornstarch**
- 1 **tablespoon extra-virgin olive oil**
- 1 **cup sliced shallots**
- ¼ **cup chopped garlic**
- 1 **tablespoon chopped fresh rosemary or 1 teaspoon dried**
- 1 **cup dry white wine**
- 1 **pound boneless, skinless chicken breasts, cut into bite-size pieces**
- 8 **cups chopped escarole (1 medium head)**
- 1 **14-ounce can reduced-sodium chicken broth**

⅛ **teaspoon salt**

⅛ **teaspoon freshly ground pepper**

1. Whisk water, mustard and cornstarch in a small bowl; set aside.

2. Heat oil in a Dutch oven over medium heat. Add shallots, garlic and rosemary; cook, stirring, for 1 minute. Add wine, cover and bring to a boil over high heat. Uncover and cook, stirring occasionally, until the wine is almost evaporated, 5 to 6 minutes.

3. Add chicken, escarole and broth. Bring to a simmer and cook, stirring occasionally, until the chicken is cooked through, 3 to 5 minutes. Whisk the cornstarch mixture and add to the pot. Bring the stew to a boil and cook for 1 minute. Season with salt and pepper.

**Per serving:** 262 calories; 6 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 27 g protein; 3 g fiber; 487 mg sodium; 743 mg potassium.

**Nutrition bonus:** Vitamin A (49% daily value), Folate (39% dv), Potassium (21% dv), Vitamin C (18% dv).

**Carbohydrate serving:** 1

**Exchanges:** 1½ vegetable, 3 lean meat, 1 fat





# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

## About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)