**Souper Duper**

**Tortilla Soup**

For the most tender chicken, keep the burner low enough so that all you see are the occasional “lazy bubbles” gurgling up from the bottom of the pot.

- 8 cups low-sodium chicken broth
- 1½ lbs. boneless, skinless chicken breast
- 6 cloves garlic, thinly sliced
- 2 chili peppers, more to taste, thinly sliced
- 1 tsp. kosher salt
- 2 cups corn, from 2-3 cobs or thawed from frozen
- 2 cups cherry tomatoes, chopped
- 1 avocado, cubed
- ¼ red onion, diced
- 2 limes (½ lime for juice, 1½ limes cut into 12 wedges)
- 1 cup cilantro leaves
- 2 oz. unsalted tortilla chips

In a large pot over high heat, bring the broth to a boil. Reduce the heat to very low. Gently toss together the tomatoes, avocado, onion, and juice of half a lime. Once the chicken is cool enough to handle, shred it to the broth, and stir in the cilantro. Garnish the soup with the avocado mixture and the chips. Serve with lime wedges. Makes 12 cups.

**PER SERVING (1 cup)**

- Calories: 170
- Total Fat: 6 g
- Sat Fat: 1 g
- Protein: 16 g

**Cream of Broccoli**

If you use a blender to puree the soup, hold the top down while it’s running. The steam (from this or any hot liquid) can pop the lid and splatter the soup.

- 2 Tbs. extra-virgin olive oil
- 2 stalks celery, sliced
- 2 leeks, white and pale green parts only, well-rinsed and sliced
- 4 cloves garlic, chopped
- 2 lbs. broccoli
- ¼ lb. baking potatoes, peeled and sliced
- ¼ cup Italian parsley leaves
- 5 cups water
- 1¼ tsp. kosher salt
- ½ cup low-fat sour cream
- 1 oz. freshly grated Parmesan
- Freshly ground black pepper

In a large pot, heat the oil and sauté the celery, leeks, and garlic for 10 minutes on medium heat. Peel the broccoli stems’ tough outer layer. Thinly slice the stems (reserve the florets).

Add the broccoli stems, potato, parsley, and water to the pot and bring to a boil over high heat. Reduce the heat to medium-low and simmer for 10 minutes. Add half the broccoli florets and simmer for another 5 minutes.

Steam or microwave the remaining florets until bright green and tender. Purée the soup with a hand blender or in a blender in several batches. Blend in the salt and sour cream.

Garnish with the florets, Parmesan, and black pepper. Makes 12 cups.

**PER SERVING (1 cup)**

- Calories: 100
- Total Fat: 4 g
- Sat Fat: 1 g
- Protein: 5 g

**Greek Lentil Stew**

Red lentils make a beautiful, vibrant orange stew. If you use another kind, you may need to increase the cooking time.

- 3 Tbs. extra-virgin olive oil
- 12 cloves garlic, minced
- 8 scallions, chopped
- 1 tsp. dried mint
- 1 tsp. dried oregano
- 2 cups red lentils, rinsed and picked over
- 7 cups water
- 1 cup orange juice
- 8 sprigs dill, minced
- 6 oz. baby spinach
- 1½ tsp. salt
- Freshly ground black pepper
- Freshly squeezed lemon juice

In a large pot, heat the oil and sauté the garlic and scallions for 2 minutes on medium heat. Add the tomato paste and dried herbs and cook, stirring often, for 2 more minutes.

Add the lentils, water, and orange juice and bring to a boil. Simmer until the lentils are tender but not mushy, about 15 minutes. Stir in the dill and spinach and simmer for another 2 minutes. Season with up to 1½ tsp. salt, black pepper, and lemon juice to taste. Makes 12 cups.

**PER SERVING (1 cup)**

- Calories: 180
- Total Fat: 6 g
- Sat Fat: 0.5 g
- Protein: 10 g

**A Soup that Makes Itself**

Simmer 2 drained and rinsed cans of no-salt-added cannellini or other white beans with a 1-quart box of low-sodium chicken or vegetable broth and 4 cloves of crushed garlic for 20 minutes. Stir in a bag of baby spinach. Drizzle with extra-virgin olive oil and top with a bit of freshly ground black pepper and grated Parmesan cheese.

Photo: Stephen Schmidt.