

A New Stock Option

From one simple vegetable broth, make **THREE LOW-CALORIE SOUPS** packed with the healthy ingredients we need most.

A STEAMING BOWL of soup is comfort food in the purest sense. More comforting still, it's a worthy meal for anyone aiming to eat a little healthier, especially when the recipe puts vegetables front and center.

"Soups are excellent for weight loss," says Stephanie Middleberg, a registered dietitian in New York City. "Studies show that when we eat soup before or as part of a meal, we eat roughly 20 percent fewer total calories at that meal." Although our bodies usually don't feel sated by liquids such as juices and sodas, soup's one-two punch of liquid plus

fiber from vegetables (and the occasional legume) creates a satisfying combo, so we tend to feel full on less. Spooning up a soup that's loaded with produce is also a reliable way to help meet the recommended daily quota of two to three cups of vegetables.

Our vegetable stock, which eliminates excess calories, sodium, and additives, is primed for cooking lighter dishes. It's versatile enough for the entrée-worthy soups on the following pages, as well as many that call for chicken stock. Freeze a double batch and a bowl of good health will never be far off.

VEGETABLE STOCK

ACTIVE TIME 15 MIN.

TOTAL TIME 1 HOUR MAKES 6 CUPS

Surprisingly easy to make, this stock is built on basic vegetables that are often already on hand (carrots, onion, leeks), plus a few herbs.

- 2 leeks, white and pale-green parts only, cut into 1-inch rounds, rinsed well
- 2 carrots, cut into 1-inch rounds
- 1 small onion, cut into 1-inch pieces
- 3 garlic cloves
- 8 cups water
- 5 flat-leaf parsley sprigs
- 2 thyme sprigs
- 1 dried bay leaf
- 2 teaspoons whole black peppercorns, crushed

1. Cook leeks, carrots, onion, and garlic, covered, stirring occasionally, in a medium saucepan over medium heat for 10 minutes.

2. Add water, parsley, thyme, bay leaf, and peppercorns. Raise heat to high. Bring to a boil. Reduce heat. Simmer, uncovered, for 30 minutes. Pour through a cheesecloth-lined strainer; discard solids.

STORAGE STOCK CAN BE REFRIGERATED FOR UP TO 2 DAYS OR FROZEN FOR UP TO 3 MONTHS.

PER SERVING (1½ CUPS)

20 CALORIES, 0 G SATURATED FAT,
0 G UNSATURATED FAT, 0 MG CHOLESTEROL,
11 G CARBOHYDRATE, 47 MG SODIUM,
1 G PROTEIN, 0 G FIBER

*This light, clean stock is **VEGETARIAN AND FAT FREE**. And it has no added salt.*



YELLOW-LENTIL SOUP WITH CILANTRO CHUTNEY

ACTIVE TIME 25 MIN.

TOTAL TIME 2 HOURS 15 MIN. SERVES 4

This Indian-style soup has an almost creamy quality, thanks to yellow lentils. (If you can't get them, swap in yellow split peas, and cook them 10 minutes or so more.)

FOR THE SOUP

- 1 teaspoon safflower oil
- 1 teaspoon ground coriander seeds
- Vegetable Stock (see recipe, page 172)
- 1½ cups yellow lentils (12 ounces), rinsed well
- Coarse salt

FOR THE CHUTNEY

- 1 cup fresh cilantro
- 1 tablespoon fresh lime juice
- 2 teaspoons safflower oil
- 2 teaspoons finely grated peeled fresh ginger

1. Make the soup: Heat oil and coriander seeds in a medium saucepan over high heat for 1 minute. Add stock and lentils. Bring to a simmer. Reduce heat, and simmer gently, partially covered, until lentils are tender and most of the liquid is absorbed, 40 to 50 minutes. Stir in 1 teaspoon salt.

2. Meanwhile, make the chutney: Pulse cilantro, lime juice, oil, and ginger in a food processor until cilantro is finely chopped. Serve soup topped with chutney.

SERVING IDEAS THIS SOUP IS THICK ENOUGH TO SCOOP UP WITH PAPADUMS (INDIAN CRACKERS), CELERY STICKS, OR CUCUMBER SPEARS.

STORAGE SOUP CAN BE REFRIGERATED FOR UP TO 2 DAYS.

PER SERVING

345 CALORIES, 0 G SATURATED FAT, 3 G UNSATURATED FAT, 0 MG CHOLESTEROL, 60 G CARBOHYDRATE, 329 MG SODIUM, 23 G PROTEIN, 12 G FIBER

*Lentils, chickpeas, and other legumes count toward the **DAILY DIETARY REQUIREMENTS** for both vegetables and protein.*

SPRING-VEGETABLE AND CHICKPEA SOUP WITH CHEESE TOASTS

ACTIVE TIME 25 MIN.

TOTAL TIME 1 HOUR 10 MIN. SERVES 4

Greens, sugar snap peas, and carrots give this soup its lively taste (and colors) and also add to its satisfying heartiness.

FOR THE SOUP

- Vegetable Stock (see recipe, page 172)
- 4 ounces sugar snap peas, thinly sliced on the bias
- 2 carrots, cut into ½-inch rounds
- Coarse salt and freshly ground pepper
- 1 cup canned chickpeas, drained and rinsed
- 1 cup watercress, large stems discarded
- ¼ cup fresh basil, thinly sliced into ribbons

FOR THE TOASTS

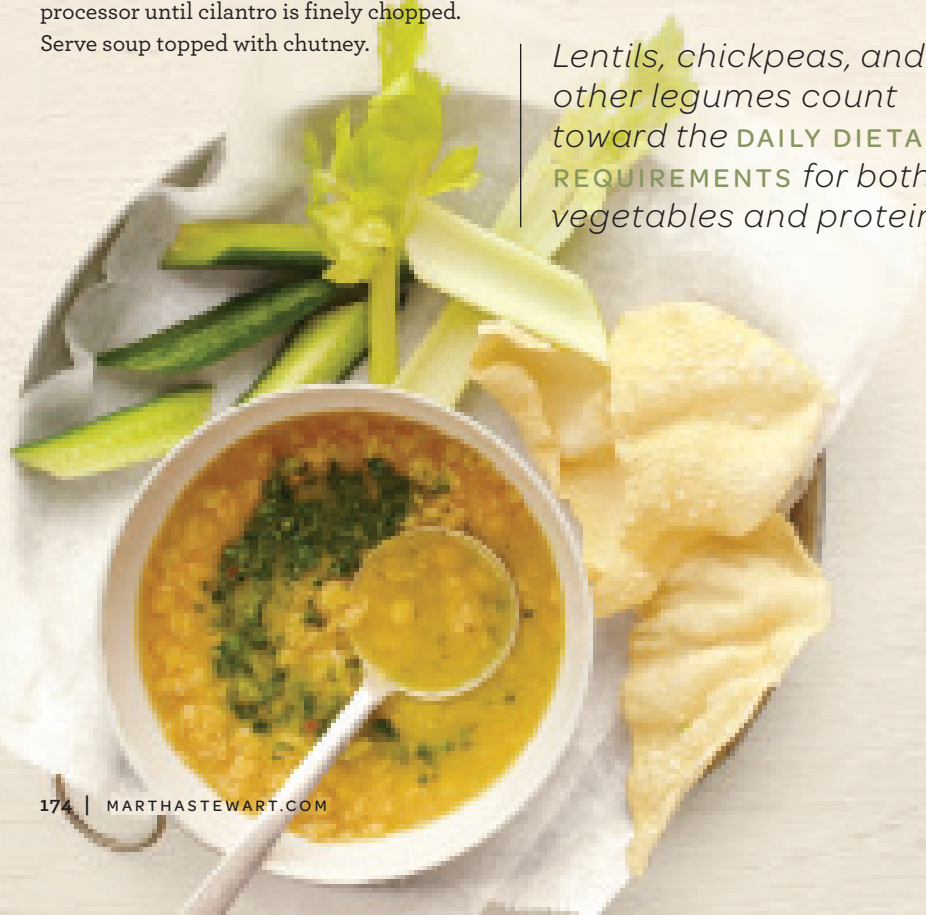
- ¼ cup plus 3 tablespoons low-fat cottage cheese (3½ ounces)
- ¼ cup soft goat cheese (2 ounces)
- 2 scallions, thinly sliced
- 4 thin slices whole-wheat baguette or bread, toasted
- Freshly ground pepper

1. Make the soup: Bring stock to a gentle simmer in a medium saucepan. Add sugar snap peas and carrots, and simmer for 1 minute. Remove from heat, and season with 1½ teaspoons salt and some pepper. Stir in chickpeas, watercress, and basil.

2. Make the toasts: Stir together cheeses and scallions. Spread onto toasts, and sprinkle with pepper. Serve soup with toasts.

PER SERVING (WITH TOASTS)

270 CALORIES, 2 G SATURATED FAT, 1 G UNSATURATED FAT, 8 MG CHOLESTEROL, 44 G CARBOHYDRATE, 824 MG SODIUM, 15 G PROTEIN, 8 G FIBER





SHRIMP-AND-CHIVE-DUMPLING SOUP

ACTIVE TIME 15 MIN.

TOTAL TIME 1 HOUR 20 MIN. SERVES 4

These wontons trade the typical pork filling for one made with shrimp. Like all cabbages, bok choy (served on the side) has great stores of disease-fighting phytochemicals.

FOR THE DUMPLINGS

- 4 ounces shrimp, peeled and deveined
- 2 teaspoons finely grated peeled fresh ginger
- 2 teaspoons thinly sliced fresh chives
- 16 store-bought round wonton wrappers

FOR THE SOUP

Vegetable Stock (see recipe, page 172)

- 1 small Thai chile, halved and seeded
- 1 whole star anise
- 2 ounces shiitake mushrooms, thinly sliced ($\frac{1}{4}$ cup)
- 3 tablespoons low-sodium soy sauce
- 2 large radishes, trimmed and thinly sliced
- 1 teaspoon thinly sliced fresh chives

FOR THE BOK CHOY

- 4 heads baby bok choy (8 ounces), quartered
- 3 tablespoons water

1. Make the dumplings: Coarsely chop shrimp and ginger in a food processor. Transfer to a bowl. Stir in chives. Mound 1 teaspoon in center of each wrapper. Moisten edges with wet fingertips; fold over, pressing to seal. Cover with a damp paper towel; refrigerate until ready to use (up to 3 hours).

2. Make the soup: Bring stock, chile, and star anise to a simmer in a medium saucepan. Cook for 5 minutes. Add dumplings. Simmer until tender, 3 to 4 minutes.

3. Meanwhile, make the bok choy: Steam bok choy in water in a skillet over high heat, covered, until tender, about 3 minutes.

4. Stir mushrooms, soy sauce, radishes, and chives into soup. Serve soup with bok choy on the side.

PER SERVING (WITH BOK CHOY)

210 CALORIES, 0 G SATURATED FAT,
1 G UNSATURATED FAT, 48 MG CHOLESTEROL,
35 G CARBOHYDRATE, 601 MG SODIUM,
14 G PROTEIN, 5 G FIBER

*They seem too tasty to have a respectable health profile, but shrimp are **LOW IN CALORIES** and high in vitamin D.*



HEALTHY EATING MADE SIMPLE
Get more *Fit to Eat* recipes for soups, plus sandwiches, salads, pastas, and more, at marthastewart.com/fit-to-eat.