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A shrimp meal in minutes!

Gorton's Shrimp Bowls have tender, juicy shrimp, delicious vegetables, and rice or pasta in five different flavors. No more than 6g of fat or 320 calories per bowl. Located in the frozen seafood section.

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Broccoli Soup

My friend's wife introduced me to this recipe. I HATE

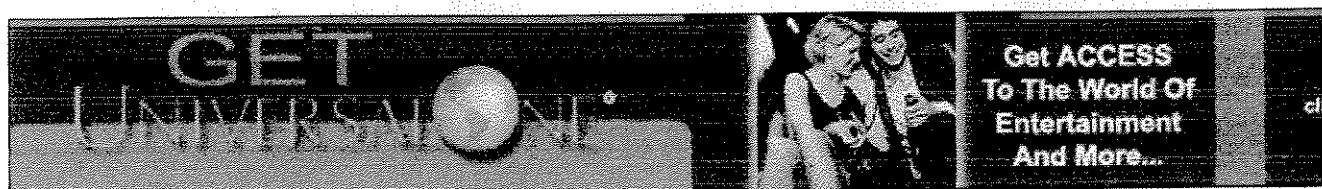
broccoli, but loved this soup. I ate every drop. It's simple and good! Prep Time: approx. 15 Minutes. Cook Time: approx. 25 Minutes. Ready in: approx. 40 Minutes. Makes 8 Servings (8 servings).

Printed from **Allrecipes**, Submitted by **Lon F. Binder**

1 tablespoon olive oil	1 potato, peeled and chopped
1 large onion, chopped	4 cups chicken broth
3 cloves garlic, peeled and chopped	1/4 teaspoon ground nutmeg
2 (10 ounce) packages chopped frozen broccoli, thawed	salt and pepper to taste

Directions

- 1 Heat olive oil in a large saucepan, and saute onion and garlic until tender. Mix in broccoli, potato, and chicken broth. Bring to a boil, reduce heat, and simmer 15 minutes, until vegetables are tender.
- 2 With a hand mixer or in a blender, puree the mixture until smooth. Return to the saucepan, and reheat. Season with nutmeg, salt, and pepper.



SALMON AND VEGETABLE CHOWDER

See how to [dice potatoes](#).

- 1 tablespoon vegetable oil
- 1 leek (white and pale green parts only), sliced
- 1 teaspoon fennel seeds
- 1 large russet potato, peeled, diced
- 1 large zucchini, diced
- 1 cup frozen corn kernels
- 1 carrot, diced
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 3 cups canned low-salt chicken broth
- 1/2 cup dry white wine
- 1 pound skinless salmon fillet, cut into 3/4-inch pieces
- 1 cup whipping cream

Heat oil in heavy large pot over medium heat. Add leek and fennel seeds and sauté until leek is tender but not brown, about 5 minutes. Add potato, zucchini, corn, carrot and half of thyme. Stir 2 minutes. Add broth and wine; simmer until potato is tender, about 15 minutes. Add salmon and cream. Simmer until salmon is just opaque in center, about 5 minutes. Season chowder to taste with salt and pepper.

Ladle chowder into deep bowls. Sprinkle with remaining thyme.

Serves 4 to 6.

Bon Appétit
December 1996
Lynda Hotch Balslev
Rolle, Switzerland

Gypsy Soup

3-4 Tbs olive oil
2 cups chopped onion
2 cloves crushed garlic
2 cups chopped peeled sweet potatoes or winter squash.
½ cup chopped celery

Saute onion, garlic, celery and sweet potatoes in olive oil for about five minutes.
Add seasonings and stock or water:

2 tsp paprika
1 tsp turmeric
1 tsp basil
1 tsp salt
dash cinnamon
dash cayenne
1 bay leaf
3 cups stock or water

Simmer, covered 15 minutes. Add remaining vegetables:

1 cup chopped fresh tomatoes
¾ cup chopped green pepper
1 ½ cup cooked chick peas

Simmer another 10 minutes or so, until vegetables are as tender as you like them.
Add 1 tbs Tamari.

Note: vegetables are flexible: any orange vegetable can be combined with green.. for example peas or beans could replace peppers, carrots instead of squash, etc.

SUMMER MINESTRONE WITH PESTO

When a generous garnish of pesto gets stirred in, the soup turns a vibrant green and becomes perfumed with the intense and sweet aroma of basil mixed with garlic.

3 tablespoons olive oil
1 medium onion, chopped
6 cups low-salt chicken broth
2 carrots, peeled, cut into 1/2-inch-thick rounds
2 celery stalks, cut into 1/2-inch pieces
4 small red-skinned potatoes, quartered
1/2 pound green beans, trimmed, cut into 1-inch pieces
3 small zucchini, halved lengthwise, cut into 1/2-inch pieces
1 15-ounce can cannellini (white kidney beans), drained
2 tomatoes, peeled, crushed
2 cups fresh spinach leaves, chopped
6 tablespoons Classic Pesto
Freshly grated Parmesan cheese

Heat olive oil in heavy large pot over medium heat. Add onion and sauté until soft, about 4 minutes. Add broth and next 7 ingredients. Increase heat to high and bring soup to boil. Reduce heat to medium-low, partially cover pot, and simmer until potatoes are tender, about 10 minutes. Stir in spinach; simmer 3 minutes longer. Season soup to taste with salt and pepper. Ladle soup into 6 bowls; garnish each with 1 tablespoon pesto. Serve, passing cheese separately.

Makes 6 servings.
Bon Appétit
August 2004

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Beans 1 cup = 1/2 lb. = 2 1/2 cups cooked
 2 cups = 1 lb = 5 cups

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Beezie's Black Bean Soup

This soup has gained rave reviews from my non-veggie friends and family! It's bursting with healthy goodness, never mind that it tastes so wonderfully yummy! The soup loves to change, if you're cleaning out your refrigerator, be creative... Prep Time: approx. 1 Hour . Cook Time: approx. 5 Hours . Ready in: approx. 6 Hours . Makes 10 servings.

Printed from **Allrecipes**. Submitted by **Beezie**

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|--------------------------------------|--|
| 1 pound dry black beans | 1 (28 ounce) can peeled and diced tomatoes |
| 1 1/2 quarts water | 2 tablespoons chili powder |
| 1 carrot, chopped | 2 teaspoons ground cumin |
| 1 stalk celery, chopped | 1/2 teaspoon dried oregano |
| 1 large red onion, chopped | 1/2 teaspoon ground black pepper |
| 6 cloves garlic, crushed | 3 tablespoons red wine vinegar |
| 2 green bell peppers, chopped | 1 tablespoon salt |
| 2 jalapeno pepper, seeded and minced | 1/2 cup uncooked white rice |
| 1/4 cup dry lentils | |

Directions

- 1 In a large pot over medium-high heat, place the beans in three times their volume of water. Bring to a boil, and let boil 10 minutes. Cover, remove from heat and let stand 1 hour. Drain, and rinse.
- 2 In a slow cooker, combine soaked beans and 1 1/2 quarts fresh water. Cover, and cook for 3 hours on High.
- 3 Stir in carrot, celery, onion, garlic, bell peppers, jalapeno pepper, lentils, and tomatoes. Season with chili powder, cumin, oregano, black pepper, red wine vinegar, and salt. Cook on Low for 2 to 3 hours. Stir the rice into the slow cooker in the last 20 minutes of cooking.
- 4 Puree about half of the soup with a blender or food processor, then pour back into the pot before serving.