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Time: 75 Minutes (1 recipe prepared); 95 Minutes (2 recipes prepared)

Soups and stews can be packed with nutritious ingredients like vegetables, whole grains and lean p ET /Span <</Lang (en-US)/MCID 28 >>BDC B

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Soups and Stews – Simmering Flavors Across the Globe Demo Script

SAY:

Soups and stews are a source of comfort
d nourishment around the world.
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BEANS

SAY:

Now, we'll talk about beans. Every plant we eat has at least a little bit of protein in it. Some have a lot—like beans, also called legumes! The term "legumes" refers to a large family of plants, which includes lentils, peanuts, peas, and all kinds of beans, like soybeans. Legumes are rich in protein. Beans and all legumes cSSNn JNnrAVa UNA^rU INaN€ro rUAr AaV`A^ proteins don't.

- Beans are high in minerals without the saturated fat found in animal proteins.
- Beans as part of a heart-healthy eating pattern and lifestyle may help reduce your blood cholesterol levels and may lower your risk of heart disease.
- Beans are a great source of dietary €INn™ VNrAn{ €INn nNSNno rc rUN kAnro cS the plant that your body can't digest. Adding beans to your diet may help with weight management. The dietary €INn Va INAao `A{ UN^k {cs SNN^ Ss^^ longer, so you may eat fewer calories.

Beans in Soups and Stews

When you're choosing beans for your soup or stew, fresh, frozen, canned or dried all can be healthy choices. For canned beans, remember that sodium is usually added to preserve them. Look for no-salt-added or low-sodium canned beans. Compare the sodium content on the Nutrition Facts label and select the product with the lowest amount. Rinse canned beans and drain them well before adding them to your dish. This process will freshen them up a bit and reduce their sodium even more.

Using dried beans in soups and stews is onef7 (a)1 (y e).2 (r) (a)-2.8 (l) wt1sd-1.6 (s a)-7.1 (n)-5 (d s)-22.8 5.5 (o7au)-6.T (o)-8.7 (d6rc)-26B11.6 (e)-8.7 d or

In Africa: Zambians use pounded millet to make porridge. In West Africa, every country has its own recipe for peanut (or ground nut) soup. Ethiopians cook a spicy chicken stew, called Doro Wot , which is served with injera – a spongy bread. Ethiopian lentil stew is called Misr Wot .

In Asia: The Japanese are partial to Miso Soup, made from a seasoning paste of fermented grains. Khao Tom Gung , or rice soup with shrimp, is served for breakfast in Thailand.

Divide participants into groups to practice making Rustic Italian Tomato Soup and/or Vegetable-Barley Soup.

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)

SAY:
Today, we are going to make Rustic Italian Tomato Soup and/or Vegetable-Barley Soup. The Rustic Italian Tomato Soup has balsamic vinegar to sweeten the tartness of the tomatoes. The Vegetable-Barley Soup is the perfect way rc €r Va yUc^N TnAVao AaL Aa NzrnA oNnxVaT of veggies.

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Vegetable-Barley Soup

Makes 4 servings; 1¼ cups per serving
Per serving: 115 Calories; 0.5 g Saturated Fat; 71 mg Sodium

INGREDIENTS

- Cooking spray
- 1 teaspoon olive oil
- ½ medium onion, chopped
- ½ medium rib of celery, chopped
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1½ cups frozen mixed vegetables
- 1½ cups fat-free, low-sodium vegetable broth
- 1 cup chopped kale
- ½ cup water
- ¼ cup uncooked quick-cooking barley
- ½ teaspoon dried basil, crumbled
- ½ teaspoon dried oregano, crumbled
- ⅛ teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

DIRECTIONS

1. Lightly spray a large Dutch oven or large soup pot with cooking spray. Add the oil, swirling to coat the bottom. Cook the onion and celery over medium-high heat for about 3 minutes or until the onion is soft, stirring frequently. Stir in the garlic. Cook for 10 seconds. Stir in the remaining ingredients except the Parmesan. Bring to a boil. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is tender.
2. Ladle the soup into bowls. Sprinkle with the Parmesan.

Cook's Tip: Look for bags of washed and chopped kale in the produce section of your supermarket.

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Soup and Stew Recipes Inspired by Global Flavors

R Cod and Clam Chowder (New England, U.S.A.)

R Three Sisters Soup (U.S.A.)

R Caribbean Pink Bean Soup (Puerto Rico)

R Tomatillo-Chicken Stew (Mexico)

R Colombian Cream of Avocado Soup (Colombia)

R Greek Egg and Lemon Soup (Greece)

R Egyptian Ful (Bean Stew) (Egypt)

R Thai Sweet Potato Soup (Thailand)

R Japanese Udon Noodle Soup with Tofu (Japan)

R Creamy Pumpkin Soup (Australia)

Cod and Clam Chowder (New England, U.S.A.)

Makes 4 servings; 1½ cups per serving
Per serving: 236 Calories; 0.5 g Saturated Fat; 487 mg Sodium

Slow cooker size/shape:

3- to 4 ½-quart round or oval

Slow cooking time:

- 7 hours 40 to 45 minutes on LOW plus 20 minutes on LOW,
- 3 hours 45 to 50 minutes on HIGH plus 10 minutes on HIGH

INGREDIENTS

R 1 6.5-ounce can chopped clams in clam juice (lowest sodium available)

R 2 medium russet potatoes (about 10 ounces total), peeled and shredded

R 1 medium red bell pepper, diced

R 1 8-ounce bottle clam juice (lowest sodium available)

R 1 cup fat-free, low-sodium chicken broth

R 1½ medium ribs of celery, cut crosswise into ¼-inch slices

R 1 medium dried bay leaf

R 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme, crumbled

R 1/8 teaspoon pepper

R 2 teaspoons olive oil

R 3 medium carrots, cut crosswise into ¼-inch slices

R 1 cup chopped onion

R 1 medium garlic clove, minced

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R 12 ounces cod or other mild white fish fillets, about 1 inch thick, rinsed and patted dry, cut into 1-inch cubes

R ½ cup fat-free half-and-half

DIRECTIONS

1. Drain the clams, pouring the juice into the slow cooker. Put the clams in an airtight container and refrimo.1 (t)2(e o)l n [(1 m)-5 (s)-9.2 (e)- [(1 m)-5 (e)-9.2 (3r)50A

Tomatillo-Chicken Stew (Mexico)

Makes 6 servings; 1 ⅓ cups per serving
Per serving: 263 Calories; 2.5 g Saturated Fat; 81 mg Sodium

INGREDIENTS

- 2 teaspoons olive oil
- 1¼ pounds boneless, skinless chicken thighs, all visible fat discarded, cut into 1½-inch pieces
- 1 large onion, coarsely chopped
- 5 large garlic cloves, minced
- 2 medium Anaheim peppers, seeds and ribs discarded, chopped
- 1 large red bell pepper, chopped
- 12 ounces medium tomatillos, papery husks discarded, chopped
- 1½ cups fat-free, low-sodium chicken broth
- 1 tablespoon ground cumin
- 9 ounces frozen whole-kernel corn
- 3 tablespoons to ¼ cup masa harina
- ½ cup chopped fresh cilantro

DIRECTIONS

1. In a Dutch oven, heat the oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 5 to 8 minutes, or until lightly browned, stirring occasionally. (Be sure to let the chicken sear before stirring.)
2. Reduce the heat to medium. Cook the onion for 3 to 4 minutes, or until beginning to soften, stirring frequently. Stir in the garlic. Cook for 30 seconds, stirring constantly. Stir in the Anaheim peppers and bell pepper. Cook for 3 minutes, or until beginning to soften, stirring frequently. Stir in the tomatillos, broth, and cumin. Increase the heat to high and bring to a boil, covered. Reduce the heat and simmer, partially covered, for 20 minutes, stirring occasionally.
3. Stir in the corn. Simmer, partially covered, for 10 minutes, or until the chicken is no longer pink in the center and the vegetables are tender.
4. Put the masa harina in a small bowl. Whisk in about ¼ cup of the broth from the stew to create a thick paste. Stir the masa harina mixture into the stew. Simmer for 5 minutes, or until the stew is slightly thickened. Stir in the cilantro. Serve the stew in shallow bowls.

Cook's Tip on Tomatillos: Tomatillos look like small green tomatoes, but they have a tangy, slightly acidic taste. UccoN UAnL®•NoUNL SnsVr™ VoJAnL rUN Uso the tomatillos well before using them. To store them, leave the husks on and refrigerate the tomatillos in a paper bag for up to one month.

Cook's Tip: Masa harina is available in Hispanic specialty markets and in the Hispanic aisle of most supermarkets. S Vr¸o saAxAV^AI^Nš {cs JAa osIorVrsrN caN € 6-inch corn tortilla or ¼ cup crushed baked unsalted corn tortilla chips. Stir the tortilla pieces or crushed chips right into the stew to thicken it.

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Egyptian Ful (Bean Stew) (Egypt)

Makes 4 servings; 1 heaping cup per serving
Per serving: 330 Calories; 1.0 g Saturated Fat; 166 mg Sodium

INGREDIENTS

- R 2 cups dried fava beans or dark red kidney beans, sorted for stones and shriveled beans, rinsed, and drained
- R 2 tablespoons olive oil
- R 1 tablespoon ground cumin
- R 3 medium garlic cloves, minced
- R 1 small bunch Italian (flat-leaf) parsley, chopped
- R 1 tablespoon fresh lemon juice
- R ¼ teaspoon salt

DIRECTIONS

1. In a medium, heavy saucepan, soak the beans for 8 hours in cold water to cover by at least 2 inches. Change the water several times, if possible. Rinse and drain the beans in a colander. Return them to the pan. Pour in fresh water to cover. Stir in the oil, cumin, and garlic. Simmer, covered, for 45 minutes, or until the beans are tender, stirring occasionally.
2. Stir in the parsley, lemon juice, and salt. Simmer, covered, for 30 minutes, or until some of the beans begin to break down, forming a creamy base for the rest.

Cook's Tip: Leftovers are delicious when reheated. Ful (the pronunciation is halfway between "fool" and "full"), also called ful medames , is often served for breakfast, sometimes with a fried or boiled egg.

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Thai Sweet-Potato Soup (Thailand)

Makes 4 servings; 1 cup per serving
Per serving: 114 Calories; 0.0 g Saturated Fat; 77 mg Sodium

INGREDIENTS

- R 2 teaspoons canola or corn oil
- R 1 small onion, chopped
- R 1 medium garlic clove, chopped
- R 3 cups fat-free2 Tm 0.ÿ2.12 Tm 0.439 -1.524 Td [(s)-2.5 (m5 <00c 0.0 39 -1.524 26.1 (d)]-25.7 <(u)-11s728.2-1.52 (d)-8.7 <(u)-3

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Japanese Udon Noodle Soup with Tofu (Japan)

Makes 4 servings; 1½ cups per serving
Per serving: 256 Calories; 1.0 g Saturated Fat; 197 mg Sodium

INGREDIENTS

- R 14 ounces light firm tofu, drained and patted dry, cut into 16 1-inch pieces
- R 2 tablespoons plain rice vinegar
- R 2 teaspoons soy sauce (lowest sodium available)
- R 2 teaspoons canola or corn oil
- R 4 ounces dried udon noodles
- R 4 cups fat-free, low-sodium vegetable broth
- R ¾ cup small broccoli florets
- R ¾ cup shiitake mushrooms, stems discapoopa (t)5.2 (a)-7.1 (b)-3.5 (le)-10 ( )]TJ Ek29.9 ( )]TJ EMc 0.007 Tw.01 T3H8 Td [(1)1ng -0.01 T-sodi2 (i)-9 (,( )]TJ Ek29.9 ( )
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