TECH TIPS

GRINDING THE CUMIN SEEDS (for the carrot soup) is easy, even without a spice mill. Seal the seeds in a heavy-duty resealable plastic bag, and use the flat side of a meat mallet or a heavy-duty metal rolling pin to pulverize them. / Any leftover **CHIPOTLE CHILES** (from the steak *mole*) can be chopped and used in scrambled eggs, on burgers, or mixed with mayonnaise for a spicy topping for sandwiches, fries, or fish. /

MOROCCAN CARROT SOUP

PREP 20 minutes TOTAL 40 minutes
4 SERVINGS
CALORIES 155 FAT 7 g FIBER 3 g

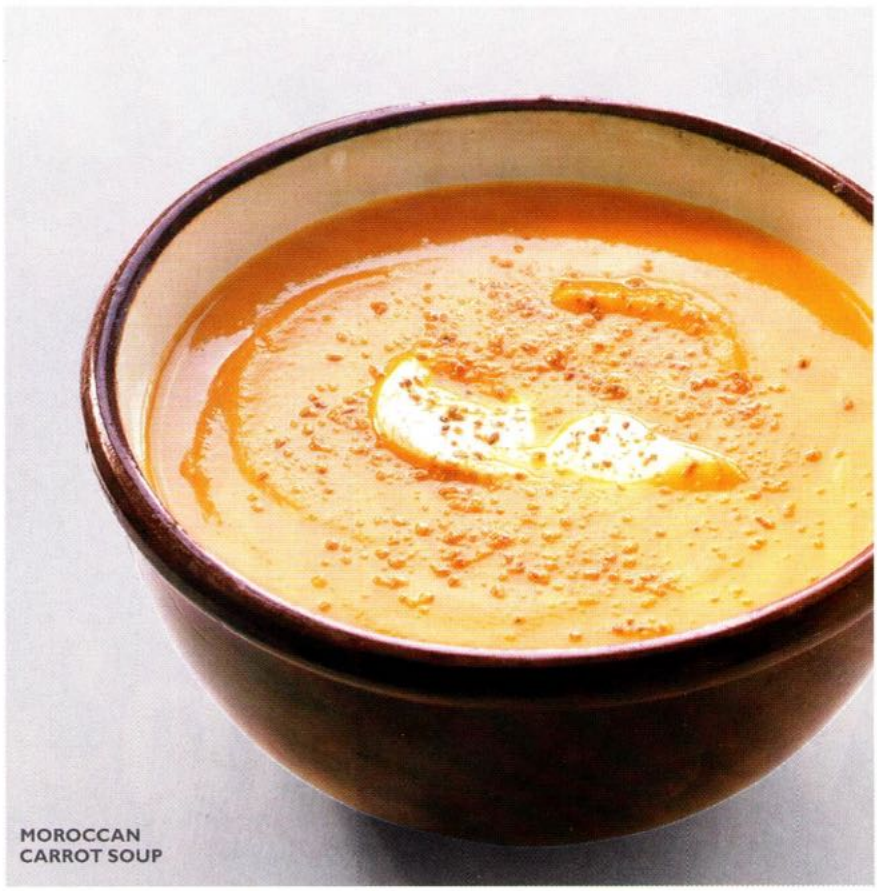
- 2 tablespoons (¼ stick) butter
- 1 cup chopped white onion
- 1 pound large carrots, peeled, cut into ½-inch dice (about 2⅔ cups)
- 2½ cups low-salt chicken broth
- 1½ teaspoons cumin seeds
- 1 tablespoon honey
- 1 teaspoon fresh lemon juice
- ⅛ teaspoon ground allspice
- ½ cup plain yogurt, stirred to loosen

Melt butter in large saucepan over medium-high heat. Add onion; sauté 2 minutes. Mix in carrots. Add broth; bring to boil. Reduce heat, cover, and simmer until carrots are very tender, about 20 minutes.

Stir cumin seeds in small skillet over medium-high heat until fragrant, 4 to 5 minutes; cool. Finely grind in spice mill.

Remove soup from heat. Puree in batches in blender until smooth. Return to same pan. Whisk in honey, lemon juice, and allspice. Season with salt and pepper.

Ladle soup into bowls. Drizzle yogurt over; sprinkle generously with cumin.



MOROCCAN CARROT SOUP

LOW-CALORIE MAIN DISH

STEAK *MOLE* WITH CILANTRO

PREP 25 minutes TOTAL 25 minutes
4 SERVINGS Serve this quick flavor-packed steak with sliced avocado, orange, and red onion. Canned chipotle chiles in adobo sauce are sold at supermarkets and Latin markets.
CALORIES 327 FAT 17 g FIBER 3 g

- 2 teaspoons ground cumin, divided
- 1 16-ounce top sirloin steak
- 1 tablespoon olive oil
- 1 cup coarsely chopped red onion
- 1 cup canned crushed tomatoes
- ½ cup low-salt chicken broth
- 2 tablespoons bittersweet or semisweet chocolate chips
- ¾ teaspoon minced canned chipotle chiles in adobo or chipotle hot sauce
- ¼ teaspoon ground cinnamon
- ½ teaspoon finely grated orange peel
- Fresh cilantro leaves

Rub ¾ teaspoon cumin on each side of steak. Sprinkle with salt and pepper. Heat oil in large nonstick skillet over medium-high heat. Add steak to 1 side of skillet and onion to other side. Cook until onion is brown and steak is medium-rare, stirring onion and turning steak once, 6 to 7 minutes. Transfer steak to plate. Add tomatoes, broth, chocolate, chipotles, cinnamon, and ½ teaspoon cumin to skillet. Stir 2 minutes. Add orange peel; season with salt. Puree in blender.

Slice steak and divide among 4 plates. Drizzle with sauce; top with cilantro leaves.

15-MINUTE PARTY DESSERT

COFFEE GRANITA WITH CARDAMOM WHIPPED CREAM

PREP 15 minutes TOTAL 3 hours 15 minutes
6 SERVINGS
CALORIES 180 FAT 11 g FIBER 0

- 2 cups water, divided
- ½ cup plus 1 tablespoon sugar
- 1½ tablespoons instant espresso powder
- ½ teaspoon vanilla extract
- ¾ cup chilled heavy whipping cream
- ¼ teaspoon ground cardamom

Bring ½ cup water and ½ cup sugar just to simmer in heavy small saucepan over medium heat, stirring mixture constantly until sugar dissolves. Stir in instant espresso powder and vanilla extract. Remove saucepan from heat; stir in remaining 1½ cups water. Pour into 9x9x2-inch metal baking pan. Freeze mixture 1 hour; stir, mashing any frozen parts with back of fork. Cover and freeze mixture until firm, at least 1 to 2 hours longer and up to 1 day. Using fork, scrape granita, forming icy flakes. Return granita to freezer.

Beat cream, cardamom, and remaining 1 tablespoon sugar in large bowl until peaks form. Divide granita among bowls or glasses. Top granita with whipped cream. ▸▸