

Six Souperstars

There's nothing more comforting a steamy bowl of soup for supper—unless it's knowing you can cook it in about 20 minutes.

If there's one thing that will get you through multitudes of meals, taste even better as leftovers, and fill you with a dang-that-was-good happiness virtually anytime of year, it has to be soup. It's perhaps the most basic one-pot culinary creation this side of pie or casserole—yet bows to nothing in its ability to absorb and energize. Think of it: meat, grains, vegetables, herbs, salt, water. Miracles have come from less.

These recipes seem doubly miraculous since they can go from prep to table in less time than it takes to open and heat the canned stuff. Get your bowls and spoons ready.

Roasted Red Pepper, Zucchini, and Tomato Soup With Fusilli

Looking for something a little more interesting than crackers to serve with soup? Refrigerated breadsticks take only minutes to prepare, and their just-baked flavor adds a homey finishing touch to this supper.

INGREDIENTS

- 1-1/2 cups uncooked fusilli (short twisted spaghetti)
- 1 bacon slice, chopped
- 1/2 cup chopped onion
- 4 garlic cloves, chopped
- 2 cups (1/4-inch) sliced zucchini
- 2 (16-ounce) cans fat-free, less-sodium chicken broth
- 1/2 teaspoon cracked black pepper
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 1 (7-ounce) bottle roasted red bell peppers, undrained and chopped
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup (1 ounce) grated fresh Parmesan cheese

INSTRUCTIONS

Preparation time: 8 minutes
Cooking time: 20 minutes

1. Cook pasta per package directions, omitting salt and fat.
2. Cook bacon in a Dutch oven over medium-high heat for 3 minutes. Add onion and garlic; cook 2 minutes. Stir in zucchini; cook for 5 minutes. Add broth, scraping pan to



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Salsa Bean Soup



Tortellini and Spinach in Broth

loosen browned bits. Stir in black pepper, tomatoes, and bell peppers; cook 7 minutes. Stir in pasta and parsley. Ladle into bowls; sprinkle with cheese.

YIELD

4 servings (serving size: 2 cups soup and 1 tablespoon cheese).

NUTRITIONAL INFORMATION

CALORIES 240 (23% from fat); FAT 6.2g (sat 2.5g, mono 2.1g, poly 0.7g); PROTEIN 12.2g; CARB 34.9g; FIBER 2.2g; CHOL 9mg; IRON 2.6mg; SODIUM 657mg; CALC 156mg



Salsa Bean Soup

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To streamline your preparation, chop the cilantro and grate the cheese while the soup cooks. You can vary the heat with your choice of salsa. Serve with baked tortilla chips.

INGREDIENTS

- 1 teaspoon vegetable oil
- 1 tablespoon bottled minced garlic
- 2 cups water
- 1/2 teaspoon chipotle chile powder
- 3 (15-ounce) cans black beans, rinsed and drained
- 1 (8-ounce) bottle salsa
- 1 tablespoon fresh lime juice
- 1/2 cup chopped fresh cilantro
- 1/2 cup (2 ounces) shredded Monterey Jack cheese

INSTRUCTIONS

1. Heat oil in a large saucepan over medium-high heat. Add garlic; sauté 1 minute. Stir in water, chipotle powder, beans, and salsa. Bring to a boil; reduce heat, and simmer 1 minute.
2. Place 3 cups of black bean mixture in a blender; process until smooth. Return pureed mixture to pan. Stir in lime juice; simmer 10 minutes. Remove from heat; stir in cilantro. Sprinkle each serving with cheese.

YIELD

4 servings (serving size: 1 1/4 cups soup and 2 tablespoons cheese).

NUTRITIONAL INFORMATION

CALORIES 213 (24% from fat); FAT 5.7g (sat 2.9g, mono 1.5g, poly 0.9g); PROTEIN 13.8g; CARB 36g; FIBER 12.6g; CHOL 13mg; IRON 4mg; SODIUM 957mg; CALC 215mg



Tortellini and Spinach in Broth

Tortellini and Spinach in Broth

The pasta will quickly soak up the broth, so it's important that you serve this soup immediately.

INGREDIENTS

- 1 tablespoon olive oil
- 5 garlic cloves, thinly sliced
- 1/2 cup dry white wine
- 3 (15.75-ounce) cans fat-free, less-sodium chicken broth
- 2 (9-ounce) packages fresh three-cheese tortellini
- 1-1/4 cups chopped tomato
- 1 (6-ounce) bag baby spinach
- 1 tablespoon butter

INSTRUCTIONS

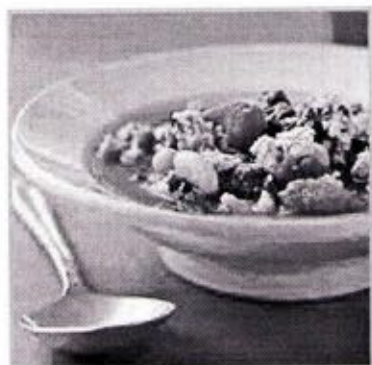
1. Heat the olive oil in a Dutch oven over medium-high heat. Add the garlic; cook for 30 seconds, stirring constantly. Stir in wine and broth. Bring to a boil; cook for 2 minutes. Add tortellini; cook for 6 minutes. Stir in tomato and spinach; cook for 2 minutes or until the spinach wilts. Add the butter, and cook until the butter melts. Serve immediately.

YIELD

4 servings (serving size: 2 cups).

NUTRITIONAL INFORMATION

CALORIES 481 (24% from fat); FAT 13g (sat 5.4g, mono 5.6g, poly 1.0g); PROTEIN 23.5g; CARB 69.2g; FIBER 6.4g; CHOL 46mg; IRON 3.8mg; SODIUM 1,394mg; CALC 269mg



Turkey Soup Provençal

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When you're craving classic comfort food, try a steaming bowl of this hearty soup with a hunk of crusty French bread.

INGREDIENTS

- 1 pound ground turkey breast
- 1/2 teaspoon dried herbes de Provence, crushed
- 1 (15-ounce) can cannellini beans or other white beans, drained
- 1 (14.5-ounce) can fat-free, less-sodium chicken broth
- 1 (14.5-ounce) can diced tomatoes with garlic and onion, undrained
- 4 cups chopped fresh spinach

INSTRUCTIONS

1. Cook turkey in a large saucepan over medium-high heat until browned, stirring to crumble.
2. Add herbes de Provence, beans, broth, and tomatoes to

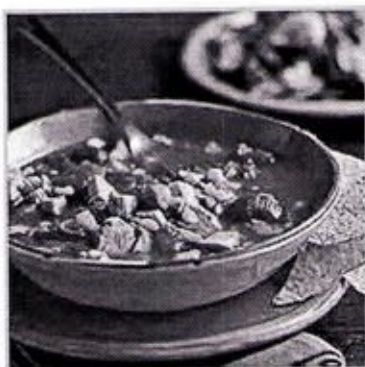
pan; bring to a boil. Reduce heat, and simmer 5 minutes. Stir in spinach; simmer 5 minutes.

YIELD

4 servings (serving size: 1 1/4 cups).

NUTRITIONAL INFORMATION

CALORIES 294 (12% from fat); FAT 3.8g (sat 1.5g, mono 0.8g, poly 0.4g); PROTEIN 40g; CARB 25.4g; FIBER 5.4g; CHOL 75mg; IRON 6.1mg; SODIUM 890mg; CALC 206mg



Spicy Chicken Soup

Spicy Chicken Soup

Chipotles and green chiles give this hearty soup all the zest you'd expect to find south of the border. Baked tortilla chips and a garden salad are excellent accompaniments.

INGREDIENTS

1 (7-ounce) can chipotle chiles in adobo sauce
1 teaspoon olive oil
1 cup chopped green bell pepper
1/2 cup chopped green onions
1 tablespoon bottled minced garlic
1 teaspoon ground cumin
2 cups chopped cooked chicken breast strips (such as Louis Rich; about 12 ounces)
2 (14-1/2-ounce) cans fat-free, less-sodium chicken broth
1 (14-1/2-ounce) can diced tomatoes and green chiles, undrained (such as Del Monte)
1 (11-ounce) can whole-kernel corn with sweet peppers, drained

INSTRUCTIONS

1. Remove 1 chile from can; reserve the remaining chiles and sauce for another use. Mince chile.
2. Heat the oil in a large saucepan over medium-high heat. Add bell pepper, onions, garlic, and cumin; saute 4 minutes or until the vegetables are soft. Stir in minced chile, chicken, broth, tomatoes, and corn. Bring to a boil; reduce heat, and simmer 3 minutes.

YIELD

4 servings (serving size: 2 cups).

NUTRITIONAL INFORMATION

CALORIES 358 (30% from fat); FAT 11.8g (sat 2.8g, mono 4.4g, poly 2g); PROTEIN 40.6g; CARB 23.3g; FIBER 4.9g; CHOL 95mg; IRON 2.5mg; SODIUM 1,536mg; CALC 65mg



Chicken, Sausage, and Rice Soup

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Make a meal of this comforting soup by adding crackers or warm bread.

INGREDIENTS

- 4 ounces hot turkey Italian sausage
- 2 (2-1/2-ounce) skinless, boneless chicken thighs, cut into 1/2-inch pieces
- Cooking spray
- 1-1/2 cups frozen chopped onion
- 2 thyme sprigs
- 1/3 cup chopped celery
- 1/3 cup chopped carrot
- 2 (14-1/2-ounce) cans fat-free, less-sodium chicken broth
- 1 (3-1/2-ounce) bag boil-in-bag brown rice
- 1 tablespoon chopped fresh parsley
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

INSTRUCTIONS

1. Remove casings from sausage. Combine sausage and chicken in a large saucepan coated with cooking spray over high heat; cook 2 minutes, stirring to crumble sausage. Add onion and thyme; cook 2 minutes, stirring occasionally. Add celery, carrot, and broth; bring to a boil.
2. Remove rice from bag; stir into broth mixture. Cover, reduce heat to medium, and cook 7 minutes or until rice is tender. Discard thyme sprigs. Stir in parsley, salt, and pepper.

YIELD

4 servings (serving size: 1-1/2 cups).

NUTRITIONAL INFORMATION

CALORIES 245 (19% from fat); FAT 5.2g (sat 1.5g, mono 1.8g, poly 1.5g); PROTEIN 18.4g; CARB 30g; FIBER 3.4g; CHOL 56mg; IRON 1.6mg; SODIUM 754mg; CALC 35mg