



Simple and Souped Up!

Nothing is quite as comforting as a bowl of homemade soup. A big batch of soup on hand for quick dinners and leftover lunches is a satisfying way to help you reach your healthy eating goals for a brand new year!

*Image credit: Small chef with pan and cap by imagerymajestic courtesy of freedigitalphotos.net*



**TRI FIT TIPS FOR COOKS**

**Simple and Souped Up!**

Cook a quick and healthy meal...from scratch? YES YOU CAN!

Go back to basics by getting yourself organized for the week, stocking your kitchen with simple ingredients and putting it all together in no time! Cooking should not be stressful, especially if you’re prepared in advance.

**Here are some tips to get you organized for healthy eating and easy cooking:**

* Plan and prep on Sunday. Shop for ingredients to make 3 recipes for Monday, Tuesday and Wednesday night dinner. Plan for Thursday night to be ‘leftovers’, and Friday as a ‘free’ night; either home preparation, a night out or order-in.
* Chop lots of raw veggies for snacks and salads and refrigerate in baggies or a sealed container.
* Wash all your fruit so that it’s ready to eat. Remember, ‘an apple a day....’.
* Do a pantry check. Do you need a few staples? Pasta, rice, dried herbs, canned beans? Stock up and have a go-to pantry recipe in your back pocket. Follow this link to a weeknight pantry pasta. <http://teenytinyfoodie.com/no-recipe-pantry-pasta-sauce/>.
* Make salad dressing in a jar and keep in the fridge for the week.
* Cook up a batch of whole grains (i.e. quinoa, barley, brown rice) for quick side dishes or as salad toppers throughout the week.
* Keep cartons of low-sodium chicken and veggie broth to make quick soups, sauces and for steam-sautéing veggies.

**Quick Cook** **Tip:** Turn plain steamed broccoli, cauliflower, or green beans into a side dish that won’t get pushed off the plate! In a shallow pan add ½ cup broth, 1 smashed clove of garlic, and 2 cups washed and prepared veggies. Bring to a quick boil, turn heat to medium-low, cover and steam for 4-5 minutes. Serve as is or with a squeeze of fresh lemon.



**Thai Coconut Pumpkin Soup**

*Put some exotic flare into your recipe repertoire! Leftover cooked and mashed sweet potato can also be used in place of pumpkin.*

**INGREDIENTS**

* 2 Tbsp (30mL) coconut oil
* 1 onion, finely chopped
* 2 cloves garlic, minced
* 1 Tbsp (15mL) red Thai curry paste
* 2 Tbsp (30mL) fish sauce or tamari
* 2 Tbsp (30mL) Sucanat or brown sugar
* 2 cups (500mL) canned, pureed pumpkin
* 3 cups (750mL) low-sodium chicken or vegetable broth
* 1 cup (250mL) coconut milk
* 1 Tbsp (15mL) lime juice
* Fresh cilantro (optional)
* Dried, toasted coconut (optional)

**PREPARATION**

In a large pot heat oil to medium. Add onion, garlic, and curry paste. Sauté for 5 minutes.

Add in fish sauce, sugar, pumpkin, chicken broth, and coconut milk. Stir until combined. Bring to a boil, reduce to a light simmer. Partially cover and cook for 20 minutes.

Transfer soup to blender and puree on low until very smooth. Return back to pot, add lime juice and heat gently until ready to serve.

Serves 4

Recipe adapted from [www.foodnetwork.ca](http://www.foodnetwork.ca)



**Chicken Noodle Soup...the easy way!**

*This take on a classic recipe will bring back memories of being a kid and slurping up those delicious noodles! Feel free to substitute with vegetable broth and replace chicken with chickpeas or white kidney beans to make a vegetarian version.*

**INGREDIENTS**

* 2 Tbsp (30mL) olive oil
* 2 ribs celery, washed and chopped
* 2 medium carrots, peeled and chopped
* 2 medium parsnips, peeled and chopped
* 1 medium yellow onion, peeled and chopped
* 2 dried bay leaves
* 4 sprigs fresh thyme (optional)
* 8 cups (2 L) low-sodium chicken broth
* 2 cups (500mL) cooked chicken, shredded or 500 g boneless, skinless thighs or breasts\*
* 1 cup (250mL) dry broad egg noodles
* Salt and pepper, to taste
* Fresh lemon (optional)
* Chopped fresh parsley (optional)

**PREPARATION**

Heat olive oil to medium heat in a large soup pot or Dutch oven. Add in celery, carrots, parsnips, onion, bay leaves and thyme. Cook vegetables for 5 minutes, stirring every minute or so.

Add in chicken broth and bring to a light boil. Add cooked chicken, reduce heat to medium, cover and let soup simmer for 10 minutes.

Add in noodles and cook for 5-6 minutes, or until tender.

Remove soup from the heat. Season with salt and pepper, if necessary, and stir in a squeeze of fresh lemon juice (about 2 teaspoons) and a handful of chopped parsley, if using. Serves 4-6.

Soup will keep in the fridge for 3 days and will freeze up to 2 months.

\*if you prefer to cook boneless chicken breast or thigh yourself simply remove the skin, cut into chunks and add to the pot once the vegetables have cooked for 5 minutes.

[www.kateandthekitchen.com](http://www.kateandthekitchen.com)