

# Kids Corner

## Soup's On!

Add a few hearty ingredients to make any soup a satisfying meal

IF YOU WANT TO IMPRESS YOUR PARENTS WITHOUT A LOT OF EFFORT, TREAT THEM TO A MEAL OF HOME-MADE SOUP ON A COLD EVENING THIS WINTER. Although some homemade soups have a reputation for being time-consuming to make, these three take only half an hour. That's because you start by using canned soup as a base and then add a variety of colorful vegetables, pasta, and meat or shellfish to make a filling and healthy meal. • While the soup simmers, prepare a quick salad by topping prewashed greens with sliced pear or apple, plus a few slices of cucumber. Add a sprinkle of crumbled feta or blue cheese and thinly sliced green onions. Top with a favorite dressing. Serve with bread.

### MIGHTY BEEFY MINISTRONE

PREP AND COOK TIME: About 30 minutes

MAKES: 16 cups, or 8 2-cup servings

- 1 tablespoon Safeway SELECT Verdi Extra-Virgin Olive Oil
- 1 medium (about ½ lb.) red, yellow, or white onion, chopped (about 1½ cups)
- 2 teaspoons garlic purée from a jar or fresh garlic, pressed
- 1 can (8¾ oz.) garbanzo beans
- 1 can (8¾ oz.) red kidney beans
- 1 can (8 oz.) mushroom pieces
- 4 cans (16 oz. each) 99% fat-free beef broth
- 1 can (14½ oz.) Italian-style cut tomatoes in broth
- ½ cup pre-grated carrots (sold in a bag in the produce section)
- 1 teaspoon Italian seasoning mix
- ½ cup diced green bell pepper
- 1 pound beef stir-fry strips
- 1 package (9 oz.) flavored Safeway SELECT Verdi Cheese Tortellini, such as Garlic and Herb
- Salt and freshly ground pepper

1. In a 5- to 6-quart pan with a lid, heat oil over medium-low heat. While oil is heating, chop onion and press and measure the garlic, if you haven't already done so.
2. Add onion and garlic to pan and sauté (keep them moving as they cook) until onions are transparent, about 10 minutes.
3. While onions cook, open cans of garbanzo and kidney beans and mushroom pieces. Rinse beans and mushrooms in a colander under cool running water. Drain well, then add them to the pan.
4. Open cans of broth and tomatoes (do not drain the tomatoes)

- and add them to pan. Add the carrots and Italian seasoning. Turn heat to high and bring mixture to a rolling boil.
  5. While broth is coming to a boil, cut the beef strips into bite-size pieces. (Dice bell pepper now, if you haven't already done so.)
  6. When broth boils, add tortellini, diced bell pepper, and beef.
  7. The broth will stop boiling for a few moments. Wait until it returns to a boil, then immediately turn heat to low.
  8. Simmer mixture for 3 to 4 minutes, or until tortellini are tender and beef is cooked. (Cut to test; meat should be barely pink in the middle.) Season with salt and pepper to taste; serve immediately.
- Per serving: 291 cal., 37% (106 cal.) from fat; 21 g protein; 12 g fat (3.8 g sat.); 23 g carbo (4.0 g fiber); 1,188 mg sodium; 46 mg chol.

### TOMATO SHRIMP BISQUE

PREP AND COOK TIME: About 30 minutes

NOTES: The sugars in the milk or cream used in cream-style soups can easily burn onto the bottom of the pot if the heat is too high. To prevent scorching, this soup cooks in the microwave. That way, the liquid is heated from all directions instead of from a concentrated source like a gas flame.

MAKES: 16 cups, or 8 2-cup servings

- 1 bag (12 oz.) frozen cooked (30 to 35 per lb.) shrimp, tails off



- 3 cans (10<sup>3</sup>/<sub>4</sub> oz. *each*) condensed cream of potato soup
- 2 cans (10<sup>3</sup>/<sub>4</sub> oz. *each*) condensed tomato soup
- 1 can (14<sup>1</sup>/<sub>2</sub> oz.) diced tomatoes with roasted garlic, or 1 can (14.5 oz.) diced tomatoes plus 2 teaspoons garlic powder
- 2<sup>1</sup>/<sub>2</sub> cups 1% or 2% milk
- <sup>1</sup>/<sub>2</sub> teaspoon ground nutmeg
- 1 cup rinsed, thinly sliced green onion (both the white and green parts)

1. Put shrimp in a colander and thaw by running under cool water about 3 minutes. Drain well and set aside.
2. Open the cans of cream of potato soup and tomato soup. Using a rubber spatula, scrape the contents of the cans into a 4- to 5-quart microwave-safe dish with a lid. With a wire whisk, gently mix in the canned tomatoes, milk, and nutmeg.
3. Microwave on high (100% power), covered, for 5 minutes, then stir the soup. (Slice the green onion now, if you haven't already done so.) Heat for 5 more minutes on high, covered; stir again. Then heat for 5 more minutes on high, covered, or until soup is just boiling. Stir in shrimp and green onion. Microwave an additional 2 to 3 minutes on high until shrimp are heated through. Serve immediately.

Per serving: 208 cal., 20% (43 cal.) from fat; 15 g protein; 4.7 g fat (2.0 g sat.); 27 g carbo (0.7 g fiber); 1,660 mg sodium; 92 mg chol.

### VERY VEGGIE "WONTON" SOUP

PREP AND COOK TIME: About 30 minutes

NOTES: You'll find fried chow mein noodles in the Asian foods section of your supermarket.

ADD FROZEN POTSTICKERS TO CANNED CHICKEN BROTH TO MAKE A QUICK BUT HEARTY WONTON SOUP.



MAKES: 12 cups, or 6 2-cup servings

- 2 teaspoons ginger purée from a jar or fresh grated ginger root
- 1 teaspoon garlic purée from a jar or pressed fresh garlic
- 1 tablespoon peanut oil
- 1 box (32 oz.) plus 1 can (15 oz.) fat-free chicken broth
- <sup>1</sup>/<sub>2</sub> cup pre-grated carrots (sold in a bag in the produce section)
- 1 can (8 oz.) sliced water chestnuts
- 1 can (15 oz.) baby corn
- 2 bags (15 oz. *each*) frozen chicken, pork, or vegetable pot stickers (do not defrost)
- <sup>1</sup>/<sub>2</sub> cup red bell pepper, diced into <sup>1</sup>/<sub>2</sub>-inch-square pieces
- <sup>1</sup>/<sub>2</sub> cup rinsed, thinly sliced green onion (both the white and green parts)
- 1 bag (8 oz.) frozen Safeway SELECT Chinese-style Pea Pods
- Hot chili oil, optional
- Fried chow mein noodles, optional

1. Press and measure ginger and garlic; set aside.
2. In a 5- to 6-quart pan with a lid, heat oil over medium-low heat.
3. Add ginger and garlic to pan and sauté (keep them moving as they cook) until fragrant, about 2 minutes, stirring constantly. Be careful not to let them burn.
4. Open the box and can of broth; add them to the pan, along with the carrots. Turn the heat to medium-high and bring to a rolling boil (this will take about 10 minutes).
5. While the broth is coming to a boil, open the cans of water chestnuts and baby corn; rinse the vegetables in a colander under cool running water. Drain well. Cut the baby corn into bite-size pieces about 1 inch long. (Dice the bell pepper now, if you haven't already done so.)
6. When broth is boiling, add water chestnuts, corn, frozen pot stickers, and diced bell pepper to the pan.
7. The broth will stop boiling for a few moments. Wait until it returns to a boil, then immediately turn heat to low. Simmer for 8 minutes, or until the pot stickers are tender. (Slice the green onions now, if you haven't already done so.)
8. Add frozen pea pods and green onions. Cook for 2 more minutes, until pea pods are just hot and still bright green. (Do not overcook.) Season mixture with hot chili oil to taste. Garnish with fried chow mein noodles, if desired; serve immediately.

Per serving: 368 cal., 24% (88 cal.) from fat; 22 g protein; 9.8 g fat (1.9 g sat.); 49 g carbo (5.2 g fiber); 669 mg sodium; 25 mg chol.

by HOLLY RUDIN-BRASCHI

### A Spoonful of Advice

**Pan Size** Make sure there are at least 2 inches between the top of the soup and the top of the pan. If your pan is too small, soup will slosh over the top when you stir it.

**Hygiene** Don't contaminate the soup with the germs from your mouth. Always use a clean spoon to taste, and do not put it back into the pan after tasting.

**Make Ahead** Soup tastes great if you make it a day ahead because the flavors mature. But delicate ingredients like pasta, shrimp, green onions, or snow peas can get mushy if cooked too long. The solution: Leave fragile ingredients out until just before serving. Reheat your precooked soup to boiling, either on the stove or in the microwave oven. Then cook the pasta or add the delicate ingredients according to the directions in the recipe.