



OCTOBER 2016

Cooler temperatures signal the new season, a welcome change after a very hot summer. Jugs of fresh-pressed cider and bushels of colorful squashes at produce stands confirm that autumn has arrived. It also means it's time to get back to eating soup.

**SOUP IS THE DIETER'S FRIEND.** Broth-based soup can help you lose weight because of its low calorie density. For instance, a cupful of broth-based vegetable soup has about 200 calories, while a cupful of cream-thickened soup can have twice as many calories. People who eat broth-based soups may have a better chance at controlling their weight, according to the U.S. Department of Health and Human Services.

Soup is a good choice if you're trying to lose weight. The water in broth-based soups stretches the flavor of meats, veggies and herbs without adding calories. It fills you up faster and satisfies hunger longer than other heavier foods. Plus, it's hard to wolf down a bowl of soup when it's piping hot. Eating slowly gives your body enough time to signal the brain that you've had enough.

**NUTRIENTSGALORE!** Add nutrient-dense, low-calorie ingredients to get a good dose of your essential vitamins and minerals from soup. Your soup can include foods such as carrots, for potassium and vitamin A. Add barley, brown rice and other whole grains for niacin, an important B vitamin. Enrich your soup with beans or lentils — their dietary fiber helps keep cholesterol levels in check.

**SOUP FEEDS THE BODY AND SOUL.** A bowlful of homemade soup is more than an assortment of vitamins. Soup warms as well as nourishes. Simmering on the stovetop, it draws people into the kitchen. This feel-good food invites conversation and a sharing of the day's events. Plus, it just tastes delicious.

## QUICKTAKES



### WHY AUTUMN FRUITS AND VEGGIES MATTER

For good health and weight maintenance, it's important to eat a diet rich in fruits and vegetables. Here's why:

- Fruits and vegetables provide essential vitamins and minerals, including potassium, folate, and vitamins A and C.
- Potassium helps control blood pressure. Many autumn favorites are high in potassium, including sweet potatoes, white potatoes, beet greens, lima beans, and spinach.
- Autumn veggies are loaded with fiber, which helps reduce cholesterol. And they're not loaded with calories. Their fiber helps you feel full with fewer calories.
- Apples are truly the fruit of the season. High in fiber and low in calories, they're an ideal snack. Taste-test some of the heirloom varieties.

Don't let cold weather dampen your enthusiasm for fresh produce. There are scores of great, in-season options at markets in October.

**GRANNY IS RIGHT!** Scientists have proven what grandmas and other good cooks have known all along: Chicken soup is your friend when you've got a cold. The steamy broth opens stuffy sinuses. It warms and soothes sore throats and quiets coughs. The chicken, onions, garlic, and herbs in it can help fight inflammation. It helps you stay hydrated.

**WATCH THE SODIUM!** Don't undo all the positive benefits of eating good soup by choosing one that's sky-high in sodium. Try to limit sodium to no more than 450 milligrams per serving. When making homemade soup, use homemade broth or low-sodium store-bought broth. With canned soups, look for low-sodium versions. Read labels carefully. A cupful of canned regular (not low-sodium) vegetable minestrone can have nearly 1,000 milligrams of sodium. That's about 40% of your daily limit.

## MULLIGATAWNY SOUP

MAKES 4 GENEROUS SERVINGS

This classic English soup has origins in Indian cuisine. An immersion blender makes quick work of pureeing the mixture. To turn this surprisingly light soup into a main course, stir in shredded cooked chicken or cooked lentils during the final minutes of cooking.

### INGREDIENTS

1/2 cup brown rice, preferably basmati  
1 1/2 tablespoons olive or avocado oil  
1 large sweet onion, finely chopped  
2 or 3 cloves garlic, chopped  
2 large carrots, peeled and sliced  
2 ribs celery, sliced  
8 ounces (about 1 1/2 cups) cubed butternut squash or sweet potato  
1 large apple, peeled and cubed  
1 generous tablespoon curry powder  
A big pinch of grated nutmeg or ground cinnamon  
4 cups low-sodium chicken or vegetable stock  
1 tablespoon tomato paste  
Salt, to taste  
Freshly ground black pepper, to taste  
2/3 cup fat-free Greek yogurt or sour cream, to serve  
Fresh mint, parsley or cilantro, chopped, to garnish

Variation: If you're not a fan of curry flavors, turn this soup base into a fragrant, warming ginger-squash soup. Add 1 tablespoon grated fresh ginger along with the garlic and omit the curry powder.

### NUTRITIONAL INFO PER SERVING

280 Calories  
12g Fat  
3g Saturated fat  
9g Protein  
42g Carbohydrate  
5g Fiber  
163mg Sodium



### DIRECTIONS

1. Half-fill a saucepan with water and bring to a boil. Add rice and return to a boil. Cook until the rice is barely tender, about 30 minutes. Drain and rinse under running water.
2. While the rice is cooking, heat oil in a large, heavy saucepan. Add onion, garlic, carrots, celery and squash or sweet potatoes. Cook over medium heat for 10 minutes, stirring often, until soft and lightly browned. Stir in apple cubes. Add curry powder and nutmeg or cinnamon. Cook for 2 minutes more, stirring.
3. Pour chicken or vegetable broth into the pan. Stir in tomato paste. Bring to a boil, then reduce the heat and simmer for 20 minutes, stirring from time to time.
4. When the soup is done, let it cool for a few minutes before blending with an immersion processor until smooth. (If you want more texture to your soup, do not blend. Or just blend half of the soup.) Reheat gently before stirring in the cooked rice.
5. Add some water or broth for a consistency that's not too thick nor too thin. Reheat the soup until piping hot. Check the seasoning; add salt and pepper as needed.
6. Ladle the soup into bowls. Swirl in a spoonful of yogurt or sour cream and sprinkle with fresh herbs.