



**S**ome winter days when the house is cold and quiet, I think of making soup. Homemade soup takes the chill off and doesn't have to take hours to prepare and cook. The soups here cook in less than one and a half hours. They'll warm you and your family and friends from the inside out.

**F**or a little heat in the Coconut Lime Chicken Soup, add 1/2 teaspoon (or more to taste) of hot chile oil. And in the Velvet Corn and Mushroom Soup, give a few shakes of hot pepper sauce (to taste). Serve the chicken soup with jasmine rice and the other soups with a hot crusty French bread. Or, make your own breadsticks! **Enjoy!**

## Coconut Lime Chicken Soup

### Ingredients

- 2 to 2 1/2 pound deli-roasted chicken
- 1 (15 oz) can unsweetened coconut milk
- 2 cups water
- 1/4 cup lime juice (2 medium limes)
- 3 medium carrots, thin sliced diagonally (about 1 1/2 cups)
- 1 teaspoon soy sauce
- 1 Tablespoon Thai seasoning (find in specialty ethnic grocery store)
- 1/2 tsp. salt
- Fresh cilantro (optional)
- Lime wedges

### Instructions

Remove and discard skin and bones from chicken. Shred chicken.

In large saucepan combine shredded chicken with coconut milk, water, lime juice, sliced carrots, soy sauce, 2 teaspoons of Thai seasoning and salt.

Bring to boiling; reduce heat and simmer, covered, 8 minutes or until carrots are crisp-tender.

To serve, sprinkle bowls of soup with rest of Thai seasoning and cilantro. Serve with lime wedges.

Serves 4

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## Tip for Nutritious Meals Every Day

It's certainly possible to eat healthy without spending a lot of time shopping, preparing, and cooking. The key is to plan ahead.

Peruse your cookbook or recipe file and plan on a week's worth of dinners. Plan to make use of leftovers so one or two evenings you don't need to cook. Make your grocery list and shop for the items you'll need. When you're ready to cook dinner, you'll have everything on hand. Be sure to stagger simple recipes with more time-consuming ones during the week.

You'll find you can enjoy nutritious meals made with fresh ingredients on a regular basis. But don't beat yourself up if one night you don't want to cook and getting To Go makes "more sense!"

## Split Pea Soup w/ Carrots, Cilantro & Cumin

### Ingredients

- 3 Tablespoons extra-virgin olive oil
- 3/4 teaspoon whole cumin seed
- 1/2 large yellow onion, minced
- 1-2 cloves garlic, minced
- 1 1/2 cups (about 12 ounces) green or yellow split peas
- 1 bay leaf
- 3 cups chicken broth (low sodium) diluted with 3 cups water
- 1/2 pound carrots, peeled, halved lengthwise if large, sliced 1/4-inch thick
- 2 Tablespoons chopped cilantro
- Salt and pepper

### Instructions

Heat the olive oil in a 4-quart saucepan over moderate heat. When the oil is hot, add the cumin seed. When the cumin seed begins to darken and give off its aroma (less than a minute), add the onion.

Cook, stirring, until the onion softens (about 3 to 4 minutes), then add the garlic and stir for 1 minute.

Add the split peas, bay leaf and broth water mixture. Bring to a boil.

Cover and adjust the heat to maintain a gentle simmer. Cook, stirring occasionally, until the split peas are very soft, about 40 minutes.

Stir in the carrots, cover and simmer gently until the carrots are tender, about 20 minutes.

Remove the bay leaf and stir in the cilantro. Season to taste with salt and pepper. Serve in warm bowls.

Serves 6

**FRESH!**



*From the Kitchen*

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## Velvet Corn & Mushroom Soup



### Instructions

Soak mushrooms in 2 cups boiling water. Let stand for 20 minutes, stirring occasionally. Drain, reserving soaking liquid. Remove stems. Cut caps into slivers. Mix 1/3 cup of the soaking liquid with cornstarch and set aside.

Mix remaining liquid in a large pot with chicken broth to make 6 cups of liquid. Add soy sauce and mirin.

Bring to a boil over high heat. Add mushrooms and both types of corn. Reduce heat and simmer for approximately 20 minutes, until mushrooms are tender.

Give cornstarch mixture a stir, then add to the soup. Bring to a boil over high heat stirring constantly, until soup has thickened enough to coat the back of a spoon.

Remove from heat, and slowly pour in eggwhites while stirring constantly until ribbons of egg are formed.

Stir in green onions and vinegar. Season with salt and pepper.

Serves 6-8

### Ingredients

- 1 ounce dried shiitake mushrooms
- 3 Tablespoons cornstarch
- 5 to 6 cups chicken broth
- 1 Tablespoon soy sauce
- 2 Tablespoons mirin (rice cooking wine)
- 1 (14.75-ounce) can cream style corn
- 1 (9 ounce) can whole kernel corn
- 2 egg whites, lightly beaten
- 2 green onions, sliced thin on the bias
- 1 Tablespoon sherry vinegar or rice vinegar
- Kosher salt, and ground black pepper

## Parmesan Breadsticks

- 2 1/4 cups all-purpose flour
- 2 Tablespoons grated Parmesan cheese
- 1 Tablespoon snipped, fresh rosemary
- 2 teaspoons baking powder
- 1 jar oil-packed dried tomatoes (7 to 8 ounces)
- 3/4 cup milk
- 3 Tablespoons olive oil

Preheat oven to 450° F. In medium bowl, stir together flour, cheese, rosemary, baking powder & 1 teaspoon salt. Drain tomatoes

and finely chop. In small bowl blend milk and olive oil. With fork, stir milk mixture and chopped tomatoes into flour mixture just until moistened.

On well-floured surface, knead dough 10 to 12 strokes or till smooth. Roll dough to 16 X 8 inch rectangle. Cut into 32 strips. Twist two strips together. Place on parchment-lined baking sheet. Brush with additional milk. Bake 8 to 9 minutes or until golden. Cool on racks. Makes 16