

Midwest Living

THE *give back* ISSUE

STORIES OF INCREDIBLE MIDWESTERNERS
PUTTING COMMUNITY FIRST

OHIO'S chef battling childhood hunger with soup **NORTH DAKOTA'S** ski hill that puts *everyone* on the slopes **NEBRASKA'S** soap-maker drilling wells in Africa **WISCONSIN'S** winery helping families beat the cost of cancer **ILLINOIS'** chocolatier empowering future female leaders **IOWA'S** bicyclists taking burritos to the homeless **MINNESOTA'S** brewery giving all (yes, all) of its proceeds to food pantries
AND MORE (including charities looking for *your* help!)

Thai Egg Drop Soup

Don't be intimidated by all the condiments in this recipe! You can skip one or two and still have a flavorful soup.

HANDS ON 20 MINUTES **TOTAL** 20 MINUTES

- 1 tablespoon coconut oil or canola oil
- ¼ teaspoon red, green or yellow Thai curry paste
- ¼ teaspoon Asian chili paste (sambal oelek) (optional)
- 1 32-ounce carton reduced-sodium chicken broth
- 2 tablespoons canned unsweetened coconut milk
- ¾ teaspoon soy sauce
- ¼ teaspoon fish sauce (optional)
- 2 eggs, lightly beaten
- 2 tablespoons thinly bias-sliced green onion
- 1 tablespoon finely chopped cilantro
- Salt
- Black pepper

1. In a 3-quart saucepan, melt coconut oil over medium heat. Add curry paste and Asian chili paste, if desired. Cook and stir until very fragrant, about 1 minute. Add broth, coconut milk, soy sauce and fish sauce, if desired.

2. Increase heat to high and quickly bring soup to a boil. Reduce heat to medium. Using a whisk, stir soup slowly in one direction. Slowly pour in eggs, still stirring in one direction, until broth starts to cook eggs and they form thin ribbons. Continue to stir and add green onion and cilantro. Season to taste with salt and pepper. Serve immediately. **MAKES 4 SERVINGS.**

PER SERVING 99 cal, 7 g fat, 93 mg chol, 747 mg sodium, 2 g carbo, 0 g fiber, 1 g sugars, 7 g pro.

Sweet Potato and Caramelized Onion Soup

This recipe calls for Vidalia onions, an extra-sweet variety from Georgia. If you can't find them, ordinary yellow onions will absolutely work.

HANDS ON 20 MINUTES

TOTAL 2 HOURS 25 MINUTES

- 1½ pounds sweet potatoes, halved lengthwise
- Olive oil
- ½ teaspoon salt
- ¼ cup unsalted butter, cubed
- 1 large Vidalia onion, quartered and sliced (about 2 cups)
- 1½ teaspoons minced fresh ginger
- 1 clove garlic, minced
- ¼ teaspoon ground allspice
- ¼ teaspoon ground mace
- ⅛ teaspoon ground nutmeg
- 4 cups vegetable stock or broth
- Black pepper
- Sour cream or crème fraîche (optional)

1. Preheat oven to 350°. Brush potato halves with oil and sprinkle with salt. Arrange potatoes, cut sides down, on a baking sheet lined with parchment paper. Bake until very soft, about 45 minutes. Remove from oven and let cool. Scoop out flesh and set aside; discard skins.

WHAT BROTH'S IN YOUR PANTRY?

Unless you have a stash in the freezer, you'll be making these soups with purchased broth. We like Better than Bouillon, a flavorful base that stores for months in the refrigerator. If you want a pour-and-go option, try Zoup!, a new line of premium broths from the Michigan-based restaurant chain of the same name. Find both products in large supermarkets; Zoup! also ships directly to consumers. zoupbroth.com



2. In a large saucepan, melt butter over medium-low heat. Add onion; cook, covered, until tender, about 15 minutes, stirring occasionally. Uncover pan and cook, stirring occasionally, until golden, 3 to 5 minutes. Add ginger and garlic; cook for 1 minute. Add allspice, mace and nutmeg; cook for 1 minute. Add cooked sweet potato and stock.

3. Increase heat to medium-high and bring to a boil. Reduce heat and simmer, uncovered, until thickened, 45 to 60 minutes, stirring occasionally. Let cool slightly. Puree soup in batches in a blender or food processor. Season with salt and pepper. Serve with sour cream, if desired. **MAKES 4 SERVINGS.**

PER SERVING 314 cal, 14 g fat, 31 mg chol, 1044 mg sodium, 44 g carbo, 7 g fiber, 12 g sugars, 4 g pro.

Power Green Soup

For the best results, make this soup in a high-powered blender. Budget models may struggle to fully puree the fibrous greens.

HANDS ON 40 MINUTES **TOTAL** 1 HOUR

- ½ cup olive oil
- 2 cups chopped white onion
- 1 cup chopped celery
- 2 tablespoons minced fresh ginger
- 1 to 2 tablespoons prepared horseradish
- 1 tablespoon minced garlic
- ½ pound mustard greens, stemmed and coarsely chopped
- ½ pound collard greens, stemmed and coarsely chopped
- ½ pound kale, stemmed and coarsely chopped
- 1 32-ounce carton vegetable stock
- 1 6-ounce package baby spinach
- Salt
- Black pepper
- Lemon wedges (optional)

1. In a 5- to 6-quart pot, heat oil over medium heat. Add onion and celery. Cook until soft and translucent, about 8 minutes. Add ginger, horseradish and garlic; cook 1 minute. Gradually add mustard greens, collard greens and kale. Cook until very soft and wilted, about 5 minutes. Add stock.

2. Increase heat to medium-high and bring mixture just to a boil. Reduce heat and simmer, uncovered, until everything is very soft, about 20 minutes. Stir spinach into soup until wilted. Working in batches, puree soup in a high-powered blender until very smooth. Season to taste with salt and pepper. Serve with lemon wedges for squeezing over each bowl, if desired. **MAKES 8 SERVINGS.**

PER SERVING 162 cal, 12 g fat, 11 mg chol, 369 mg sodium, 10 g carbo, 4 g fiber, 3 g sugars, 5 g pro.

Smoky Roasted Tomato Bisque

Even so-so winter tomatoes from the supermarket work beautifully in this recipe; roasting brings out their sweetness.

HANDS ON 20 MINUTES **TOTAL** 1 HOUR

- 1½ pounds fresh tomatoes, stemmed and quartered
- 2 tablespoons olive oil
- 1½ teaspoons smoked paprika
- ½ teaspoon kosher salt
- ¼ cup unsalted butter
- ¼ cup chopped white onion
- ¼ cup chopped celery
- 2 tablespoons chopped fennel
- 2 cloves garlic, minced
- ½ cup heavy cream
- ¼ cup buttermilk
- ½ teaspoon dried oregano, crushed
- ½ teaspoon dried thyme, crushed
- 2 cups water
- 2 tablespoons dry red wine
- Salt
- Black pepper

1. Preheat oven to 300°. Line a 15x10x1-inch baking pan with foil. Place tomatoes on pan. Drizzle with oil. Sprinkle with smoked paprika and kosher salt; toss to coat. Roast, uncovered, until softened, about 45 minutes. Let cool. Transfer tomatoes to a blender or food processor. Cover and blend until a smooth puree.

2. Meanwhile, in a large saucepan, melt butter over medium heat until foaming. Add onion, celery and fennel. Cook until tender and translucent, about 5 minutes. Add garlic; cook until fragrant, about 1 minute. Add cream, buttermilk and herbs; bring to a boil. Reduce heat and simmer, uncovered, until reduced by half, about 10 minutes.

3. Add the pureed tomatoes, water and wine. Bring mixture to a boil. Reduce heat and simmer, uncovered, 30 minutes, to develop flavor and reduce slightly. Let cool slightly. Working in batches, puree in a blender or food processor until smooth. Season with salt and pepper. **MAKES 4 SERVINGS. MWL**

PER SERVING 326 cal, 30 g fat, 66 mg chol, 331 mg sodium, 11 g carbo, 3 g fiber, 7 g sugars, 3 g pro.

* SIMMER AWAY

Learn how Minneapolis food icon Andrew Zimmern makes his überflavorful chicken broth for soup at midwestliving.com/broth.