



Low-Fat Soups



Vegetarian Skillet Chili

- 1 Tbs. olive oil
- 1 onion, chopped
- 2 green bell peppers, seeded and chopped
- 2 Tbs. chili powder
- 1 cup water
- 2 15oz canned pinto beans, drained
- 2 15oz stewed tomatoes, Mexican style
- 3 cups fat-free Monterey Jack cheese, shredded

1. Over medium high heat, pour oil into ovenproof skillet.
2. Sauté onion and bell peppers until lightly browned, stirring occasionally.
3. Add chili powder and cook another minute.
4. Pour drained beans, tomatoes, and water into the skillet.
5. Bring mixture to a boil over high heat.
6. Simmer on medium heat until thickened, approximately 20 minutes.
7. Sprinkle chili with cheese and broil in the oven until cheese is melted, about 2 minutes.

Servings: 4, Per serving: Cal 456, Fat 6.4g, Chol 8mg, Pro 41.5g, Carb 60.2g, Fiber 15.5g, Sugar 18.8g, Sod 1277mg



Meatball Soup

- 1/2 cup regular long-grain rice
- 2 cans (13 3/4 to 14 1/2 ounces each) chicken broth
- 3 medium carrots, sliced
- 3 medium celery stalks, sliced
- 5 ounces washed spinach (half 10-ounce bag)
- 8 frozen lean meatballs, thawed and sliced
- shredded or grated Parmesan cheese (optional)

In 1-quart saucepan, heat 1 cup water to boiling over high heat. Add rice, heat to boiling. Reduce heat to low, cover and simmer 15 to 20 minutes until water is absorbed and rice is tender. Meanwhile, in 4-quart saucepan, heat chicken broth and 2 cups water to boiling over high heat. Add carrots and celery, heat to boiling. Reduce heat to low, cover and simmer 5 to 7 minutes, until vegetables are tender. Stir in spinach, rice, and sliced meatballs, heat through. Serve soup with Parmesan cheese if you like.

Without Parmesan cheese per serving: About 300 calories, 25 g protein, 30 g carbohydrate, 7 g total fat (3 g saturated), 51 mg cholesterol, 1010 mg sodium.

Creamy Potato & Green Onion Soup

- 1 1/2 cups water
- 6 medium potatoes, peeled & cubed
- 2 stalks celery, sliced (1 cup)
- 1/4 cup water
- 1 cup skim milk
- 3/4 tsp. salt
- 1/4 tsp. white pepper
- 2 green onions with tops (sliced finely)

1. Bring 1 1/2 cups water to boiling, add potatoes & celery, cover and bring to boil again. Reduce heat and simmer until potatoes are tender (approximately 20 minutes).
2. Drain liquid into blender and 3 cups of cooked vegetables, add 1/4 cup of water. Cover and blend until smooth (1 minute)
3. Place pureed vegetables back into saucepan with remaining potatoes & celery. Stir in remaining ingredients, heat, stirring occasionally, until hot.
4. Garnish with garlic toast.

1 serving: 105 calories (10 calories from fat) 1 g fat (1 g saturated, 5 mg cholesterol, 330 mg sodium, 23 g carbohydrate (2 g dietary fiber) 3 g protein