



### ***Two Men and A Stove Do Soups***

Sponsored by Caldwell Memorial Hospital as part of our Eat Smart, Move More Campaign for a Healthier Community

Recipe Suggestions for Soups with a Twist:

***Tomo Coco*** is a soup named for its primary ingredients: tomatoes, onions and coconut milk. There are a couple of other items that add to the taste, but they did not fit the need for a really cool name for this flavorful soup.

3 cup diced tomatoes  
1 finely dices green chili pepper  
1 cup chopped or sliced onion  
6 cloves of garlic (sliced)  
1 tsp cumin powder  
1 dash of ground cinnamon  
16 oz chicken broth  
8 oz coconut milk (canned or fresh)  
1 Tbs olive oil  
1 bay leaf or curry leaves

Heat a large sauce pan or stock pot over medium heat and add the olive oil, onions, chili pepper, cumin, cinnamon and bay or curry leaf and heat for 5 minutes, stirring occasionally. As the onions become opaque, add the tomatoes and cover to allow the tomatoes to soften and mix with the onions and seasonings in the pot (about 10-15 minutes). Add the fat-free chicken broth and stir well. Just before serving, add the coconut milk and cook for 2-3 minutes to allow it to rise to the heat of the soup.

Once the soup is heated throughout, you have the option to puree it in a blender or eat it with the tomatoes in their diced state. Either way, *Tomo Coco* is a smooth and zesty starter for a meal or with a salad and slice of your favorite bread, a satisfying dish. Serves 6 – 8.

*The Refined Swine* is our name for a hearty one-dish-meal soup that will fill you up with items from several food groups and give you energy for what needs to be done.

1 lb ground sausage (our choice was mild Italian sausage with the casings removed and cut into half-inch chunks, but pick what you like)  
1 Tbs olive oil  
4-6 garlic cloves chopped or sliced  
1 cup chopped or sliced onion  
1 cup chopped celery  
1 cup chopped bell pepper (you pick the color)  
1 cup chopped zucchini  
1 cup chopped carrots  
(Additional cups of any other chopped vegetables that you particularly like)  
2 cups cheese-stuffed tortellini pasta (or elbow macaroni, or rice, or bowtie pasta, or whatever such pasta you like)  
32 oz vegetable stock\*  
Salt and pepper to taste

Heat a skillet to medium-high temperature and add the olive oil, garlic and sausage and reduce the heat slightly. Brown the sausage, stirring and turning regularly (approx 5 minutes) then add the onions to the skillet. Continue to stir until the onions begin to soften and become opaque (2 minutes). Empty the ingredients of the skillet into a colander to drain the fat then place the meat, onion, garlic mixture into a large stock pot over medium heat. Add the chopped vegetables (salt and pepper as desired for flavor) and the vegetable stock\* to the pot and continue to cook (approximately 5 minutes to heat throughout). Turn up the heat to medium-high to cause the stock to boil before adding the pasta. Cook pasta according to the directions on the pasta packaging (the tortellini required 13-15 minutes) stirring periodically. Once the pasta is cooked, the soup is hot and ready to serve. *Serves 6 – 8.*

**\*Vegetable stock**

You can buy a box of vegetable bouillon cubes and add to a pot of boiling water for flavor, or you can do what we do. We fill a large stock pot with water, add a couple of teaspoons of salt, bring it to a boil and add chunks of vegetables: carrots, celery, potatoes, broccoli, onions, garlic, and red cabbage (makes the broth a pretty color). In other words, whatever is lying around the house, garden or refrigerator that needs to be used up. After about half an hour at a gentle boil, you have a flavorful vegetable broth that you can ladle out into your various soups for the liquid content that you need.

*Seahorse Surprise* is the name for this soup because you can vary the ingredients that come from the sea to suit your taste. Whether you want shrimp, scallops, squid, crab, fish, oysters or mussels, you can choose your favorites and make this surprise your very own special soup. We used a mixed package of various fresh seafood items from the supermarket. You do the recipe to suit yourself.

2-3 cups of seafood  
2 cups diced tomatoes  
1 diced onion  
4 cloves of garlic (sliced)  
1 cup chopped celery (2 stalks)  
½ cup chopped cilantro  
½ cup chopped Italian parsley  
½ tsp sea salt (or kosher salt)  
2 Tbs vinegar  
4 cups vegetable stock\* (or 2 cups vegetable stock + 2 cups white wine)  
1 package fresh baby spinach  
Salt and pepper to taste  
1 Tbs olive oil  
2 Tbs fresh lemon juice

Heat a skillet to medium temperature and add olive oil. Once the oil is hot add the seafood and reduce the temperature to medium low to gently sauté. Continue sautéing while you prepare the soup pan as follows. In a large sauce pan or stock pot, add tomatoes, onion, celery, garlic, cilantro and parsley plus 2 cups of vegetable stock. Stir and bring to a low, gentle boil (5 – 10 minutes). Add the spinach and the second 2 cups of either vegetable stock or white wine, the 2 Tbs of vinegar and ½ tsp salt and cook until the spinach reduces by half (5 – 6 minutes). Remove the seafood from the sauté pan and add to the sauce pan stirring gently. Add salt and pepper to taste. Add the lemon juice, stir and serve. *Serves 4 – 6.*