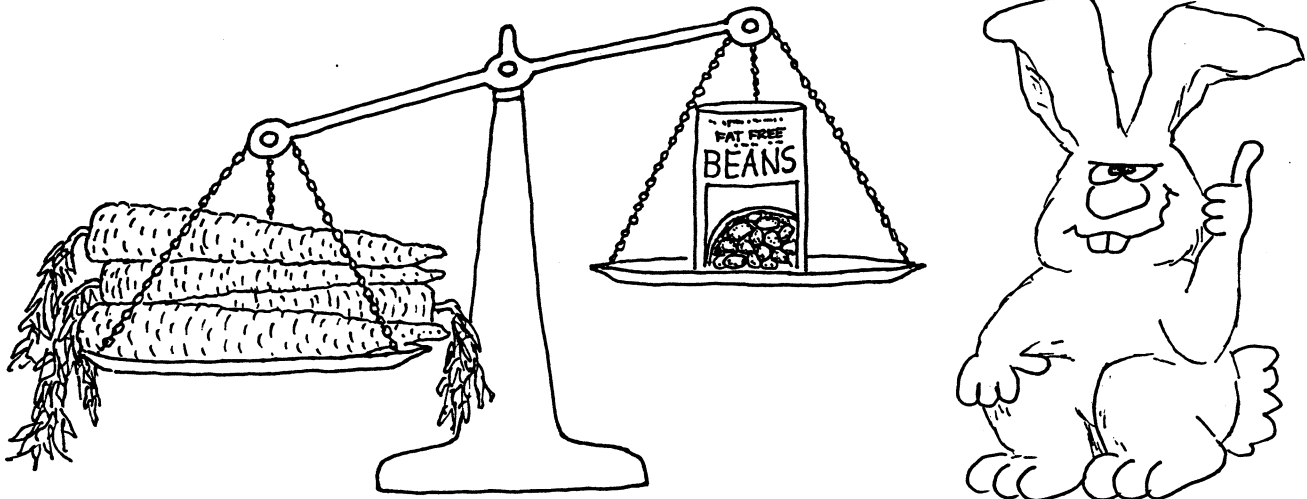


not just bean soup (carrots!)



When dr bob was a kid, Campbell's Bean and Bacon soup was his favorite. He used to slurp up the liquid part, carefully saving the beans for a squishy white bread bean sandwich. Those were the days. Of course all soups came in cans, and most of them were Campbell's. It never occurred to him that one could actually make soups from scratch. Or that one should read the label on those canned soups! [Salt city!]

Of course growing up brought an awareness that one could make soups without a can opener, but that it was still probably too much effort. Only recently was this myth shattered by experience. The dr bob cooking team, led by the initiative of ms ani, began with some great and incidentally healthy cream soups from the 15th anniversary revised edition of The Moosewood Cookbook.

However, ms ani was sick with the flu on this one occasion soon after the Big Move to the new corporate headquarters. dr bob knew soup was a good idea, and offered to hunt and forage at a local supermarket for some of the stuff. But he easily renounced this suggestion (laziness, what else?) at ms ani's rejection of the offer (out of guilt at being responsible for the contemplated journey). Then

bob remembered the latest women's magazine food special snatched at the checkout line — a bean and potato soup had caught his eye during his speed scan for potentially promising recipes. Inventorying the required ingredients, only celery was missing. No big deal—just increase the carrots! And he did it, with some minor modifications, all in a pretty painless 40 minute time slot. The result: delicious, recalling childhood memories of the old bean soup days but with a new twist. Carrots. Thus justifying the \$3.50 spent on the mag, which after closer examination only yielded two soup recipes as the realistically usable harvest, one still left untried.

their name: POTATO BEAN SOUP

our name: CARROT BEAN SOUP
(and pasta sauce)

their ingredient list:

our ingredient list:

1/2 cup sliced celery
2 medium carrots, shredded
1 clove garlic, minced
2 t margarine, melted

① { 2 stalks celery } food processed
4 medium carrots } together (fine)
1 or more very large cloves garlic, pressed
2 t butter, melted (margarine is plastic, not food!)

4 cups chicken broth
3 medium potatoes, peeled
and cut up (about 3 cups)
2 T snipped fresh dill or dried
dillweed (weeds? in our food?)

② { 4 cups vegetable broth
3 medium potatoes, peeled and cut up in
small pieces (who measures potatoes by the
cup?)
2 T fresh dill, chopped

1 15oz can cannellini or great
northern beans, drained

④ { 1 15oz (425g) can cannellini beans
approximately (more if you like beans)

1/2 cup lower calorie dairy sour
cream or plain nonfat yoghurt

③ { 1/2 cup lower calorie dairy sour cream
or plain nonfat yoghurt
1 T all purpose flour
1/8 t pepper (we never measure this—
we grind it in directly)
some salt, if desired

1 T all purpose flour
1/8 t pepper
some salt, if desired

their instructions:

Cook and stir celery, carrots, and garlic in a large saucepan over medium heat for 4 minutes or till tender.

Carefully stir in broth, potatoes, and dill. Heat to boiling; reduce heat. Simmer covered for 20 to 25 minutes or till potatoes are tender. With the back of a spoon, lightly mash about half of the potatoes in the broth. Add the drained beans to the potato mixture.

Stir together sour cream or yoghurt, flour, pepper, and salt, if desired, in a small bowl; stir into potato mixture. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Makes 4 to 6 main-dish servings.

their nutritional info per serving:

280 cal, 6 g total fat (2g sat. fat),
4mg cholesterol, 1035 mg sodium,
48 g carbo., 6 g dietary fiber, 16 g pro.,
DAILY VALUE: 113% vit A, 17% vit C,
13% calcium, 17% iron

our instructions:

① Throw the carrots and celery into the food processor in appropriately chopped segments and let her rip! Press a big (or two regular) garlic cloves into the melted butter (margarine is now out!) and dump in the carrot/celery fragments (did we accidentally use a tablespoon of butter?). Sauté 5 minutes or so.

② Meanwhile fire up 4 cups of water in a teapot and when boiling, dissolve about 2t to 1 T of concentrated vegetable bouillon (this time we copied the spelling from the label) — no MSG please — in the water and add to the carrot/celery pot with the fresh chopped dill. Simmer covered about 20 minutes (test potatoes for doneness).

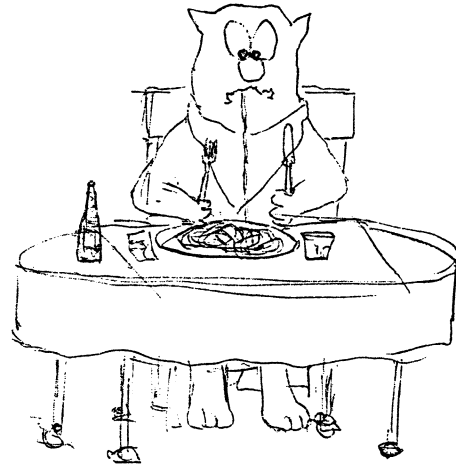
③,④ Stir together ingredient group ③ in a bowl and dump half into half the soup mixture and 1/8 can of beans already waiting in your blender/food processor (the Vitamix super-blender is our preferred industrial strength soup puree'er). Puree till smooth and expel into a new pot. Repeat once, then adding the rest of the beans directly to the puree'. (We like nonfat yogurt, but when we had a full fat sour cream to use up, it went in instead.)

Cook and stir till thickened a bit. Actually you may find it already thick enough. Just make sure it's heated through. We did this up in advance an hour or two and had to add maybe a half cup of hot water to thin it out a bit. Use your taste and judgement.

our nutritional info:

Duh...

Wait just a minute! Where did all that salt come from — this outdoes Campbell's. And such precise numbers when the serving size has a 40% uncertainty! Who are they kidding? (Most of us, probably.)



the trouble
with spaghetti

and pasta sauce ?

Sure. If it's pretty thick, it makes a great cream sauce for pasta. If you have a couple bowls left over, maybe a cup and a half or two, add it to some* al dente cooked pasta with about a half cup or so of freshly grated parmesigiano and some freshly ground pepper. Serve with more freshly ground pepper. We used a small open curled pasta, gnocchetti sardi, but this could work with cavatelli or orrechiette or even long pasta like fettuccine or spaghetti. Healthwise, it crushes classic "alfredo" sauce.

By the way, freshly ground pepper is also a good idea on each serving in the more traditional soup mode. And if you caught the "h" that slipped into the yoghurt/yogurt above, it's optional. We checked. Though we still lose points for inconsistency.

* 1 pound, the standard US dry pasta packaging size