

-- Spencer's Weekly Recipes --

Best-Ever Black Bean Soup with Cilantro-Lime Rice

1 Tbsp. extra-virgin olive oil
1/2 small onion,
minced
2 garlic cloves
salt & pepper
2 tsp. chili powder
1/4 tsp. cumin
2 cans seasoned
black beans, drained but not rinsed
1-1/2 cups water
1 cup chicken broth
4-5 dashes green Tabasco sauce



Toppings: sliced avocado, salsa, sour cream, cilantro

For the Cilantro-Lime Rice:

1 cup long grain white rice
2 cups water
1 Tbsp. canola or vegetable oil
1/2 tsp. salt
juice of 1/2 lime
3 Tbsp. chopped cilantro

Directions

1. Heat oil in a large soup pot over medium heat. Add onion, season with salt and pepper, then sauté until soft, about 10 min. Add garlic and sauté for 30 more seconds, stirring constantly. Add chili powder and cumin then sauté for 30 more seconds.
2. Add drained beans, water, and chicken broth, bring soup to a boil, then lower heat slightly and simmer for 15 min. Scoop 2 ladle-fulls of soup into a blender or food processor then blend until almost smooth. Alternatively use a hand-held immersion blender to process 1/3 of the beans in the soup pot. Add blended soup back in, then add hot sauce and stir to combine.
3. For the Chipotle-Lime Rice: While soup is simmering, bring water, oil, and salt to a boil in a saucepan. Add rice, place a lid on top, then turn heat down to medium-low and simmer until tender, about 15 min. Stir to fluff then add lime juice and chopped cilantro.
4. To serve, scoop rice into bottom of bowls then top with hot soup. Top with sliced avocado, salsa, sour cream, etc.

<http://iowagirleats.com/2012/12/04/best-ever-black-bean-soup-with-cilantro-lime-rice/>

Beef and Butternut Squash Stew

3 tablespoon olive oil
1 onion, peeled and chopped
2 cloves garlic, chopped
1 tbsp. minced fresh rosemary
1 tbsp. chopped fresh thyme
2 lb. stew beef, cut into 2-inch cubes
1/2 tsp. salt, plus more to taste
1/2 tsp. freshly ground black pepper, plus
more to taste
2 tbsp. all-purpose flour
1 cup Marsala wine
1 lb. butternut squash, trimmed and cut
into 2-inch cubes
1/4 cup chopped sun-dried tomatoes
3 to 4 cups beef broth
2 tbsp. fresh chopped flat-leaf parsley
Crusty bread, for serving



Directions

- In a large soup pot heat 3 tbsp. of olive oil over medium heat. Add onions, garlic, rosemary, and thyme and sauté until onions are tender, about 2 min. Toss beef cubes in salt, pepper, and flour. Turn up heat to med-high and add beef to the pot. Cook until the beef is browned and golden around edges, about 5 min. Add Marsala wine. Using a wooden spoon, gently stir up all the brown bits off bottom of pan. Add the butternut squash and sun-dried tomatoes and stir to combine. Add enough beef broth to just cover the beef and squash. Bring stew to a boil over high heat, then reduce heat to low and simmer, covered, for 1 hour. Season stew with additional salt and pepper to taste. Sprinkle with the chopped parsley. Serve with crusty bread. Serves 4.
<http://www.foodnetwork.com/recipes/giada-de-laurentiis/beef-and-butternut-squash-stew-recipe.html>

Loaded Baked Potato Soup



1 tbsp. canola oil
2 slices bacon, cut in half (turkey
bacon if you prefer)
1/2 cup chopped onion
1 1/2 lb. medium russet potatoes (2-
3), scrubbed and diced (can also use
red potatoes with skin on)
4 cups reduced-sodium chicken broth
1/2 cup reduced-fat sour cream
1/ cup shredded extra-sharp Cheddar
Cheese, divided
1/4 tsp. fresh ground pepper

Preparation

1. Heat oil in a large saucepan over medium heat. Add bacon and cook, turning occasionally, until crisp, 4 to 5 min. Transfer to a paper towel to drain, leaving the oil and bacon drippings in the pan. Add onion to the pan and cook, stirring, until starting to soften, 2 to 3 min. Add potatoes and broth. Bring to a boil. Reduce heat to maintain a simmer and cook until the potatoes are tender, 12 to 15 min.
2. Using a slotted spoon, transfer 1/2 the potatoes to a bowl and mash until almost smooth, but still a little chunky. Return mashed potatoes to pan along with sour cream, 1/4 cup cheese and pepper. Cook, stirring, until cheese is melted and soup is heated through, 1 to 2 min. Garnish with crumbled bacon, the remaining 1/4 cup cheese and chives (or scallion greens). Serves 4.

<http://www.eatingwell.com/recipes/loaded-baked-potato-soup.html>

Tortellini Florentine Soup

1- 9 oz. package refrigerated three-cheese tortellini

2- 14 oz. cans reduced-sodium chicken broth

1- 10 ounce container refrigerated light Alfredo pasta sauce

2- cups shredded deli-roasted chicken

1/2- cup oil-packed dried tomato strips, drained

1/2- 5 oz. pkg. (about 3 cups) fresh baby spinach

Shaved or shredded Parmesan cheese (optional)



Directions

In a 4-quart Dutch oven cook tortellini according to package directions; drain and set aside. In the same Dutch oven combine broth and pasta sauce. Stir in chicken and dried tomatoes. Bring just to boiling; reduce heat. Simmer, uncovered, for 5 min. Stir in cooked tortellini and spinach. Cook for 1 to 2 min. or just until tortellini is heated through and spinach is wilted. If desired, top each serving with



Old-Time Beef Stew

2 pounds stew beef

2 tablespoons vegetable oil

2 cups water

1 tablespoon Worcestershire sauce

1 clove garlic, peeled

1 or 2 bay leaves

1 medium onion, sliced

1 teaspoon salt

1 teaspoon sugar

1/2 teaspoon pepper

1/2 teaspoon paprika

Dash ground allspice or ground cloves

3 large carrots, sliced

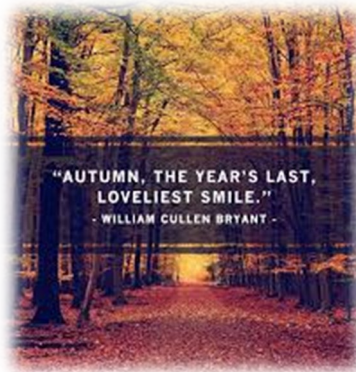
3 ribs celery, chopped

2 tablespoons cornstarch

Directions

Brown meat in hot oil. Add water, Worcestershire sauce, garlic, bay leaves, onion, salt, sugar, pepper, paprika, and allspice. Cover and simmer 1 1/2 hours. Remove bay leaves and garlic clove. Add carrots and celery. Cover and cook 30 to 40 minutes longer. To thicken gravy, remove 2 cups hot liquid. Using a separate bowl, combine 1/4 cup water and cornstarch until smooth. Mix with a little hot liquid and return mixture to pot. Stir and cook until bubbly. Serves 10.

[Paula Deen: Traditional Old-Time Beef Stew - Serves 10](#)



Moroccan Chicken & Sweet Potato Soup

2 tbsp. extra-virgin olive oil

1 cup chopped onion

2 large cloves garlic, minced

1 1/2 tsp. ground cumin

1/2 tsp. ground cinnamon

1/4 tsp. cayenne pepper

8 cups low-sodium chicken broth

2 lb. bone-in chicken breasts, skin removed

3 cups diced sweet potato

2 cups diced red bell pepper

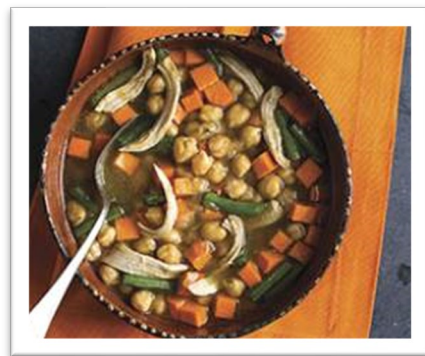
2 cups green beans (1-inch pieces), fresh or frozen (thawed)

1 15-oz. can chickpeas, rinsed

1 1/4 tsp. salt

1/2 tsp. ground pepper

1 tsp. harissa, or to taste (see Tip) (Chili paste is an alternative)



Preparation

1. Heat oil in a large pot over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, 2 to 3 min. Add cumin, cinnamon and cayenne; cook, stirring, for 1 minute. Add broth and chicken. Cover, increase heat to high and bring to a simmer. Uncover and cook, turning the chicken occasionally, until an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 20 to 22 min. Skim any foam from the surface the chicken cooks. Transfer the chicken to a clean cutting board. When cool enough to handle, remove the meat from the bones and shred.
2. Meanwhile, add sweet potato, bell pepper and green beans to the pot; return to a simmer. Cook until the vegetables are tender, 4 to 10 min. Stir in the shredded chicken, chickpeas, salt and pepper and cook until heated through, about 3 min more. Remove from heat and stir in harissa.

Make Ahead Tip: Cover and refrigerate, without the harissa, for up to 3 days. To serve, reheat and then stir in harissa.

- Harissa is a fiery Tunisian chile paste commonly used in North African cooking. Find it at specialty-foods stores or online. Different brands vary in heat, so start with a little and taste as you go.

http://www.eatingwell.com/recipes/moroccan_chicken_sweet_potato_soup.html

cheese. Serves 6.

<http://www.bhg.com/recipe/tortellini-florentine-soup/>