

Beautiful Soup

February 2008

Lots of people think that winter is the most wonderful season of all—crimson sunsets; snow and the requisite snowmen, snowball fights and sledding; crackling wood fires; cozy sweaters and, of course, soup. What could be better on a cold day than a steaming bowl of “beautiful soup”?

The Skinny on Soup

Concerned with controlling your weight? Soup can be an ally in your weight control efforts. The Mayo Clinic suggests beginning lunch or dinner with a broth-based, vegetable-filled soup—it takes a long time to eat, fills you up and curbs your appetite—all good things for weight control. Studies have shown that eating soup fills you up for fewer calories. John Foreyt, Ph.D., director of the Behavioral Medicine Research Center at Baylor College of Medicine said, “People tend to eat less following a bowl of hot, nutritious soup. It’s usually hot, so you eat it slowly and feel fuller.” A study at Pennsylvania State University found that eating soup caused volunteers to reduce the amount they ate at lunch by 100 calories and they also did not get hungry later in the day or eat extra calories at dinner to compensate. If weight loss is on your list of New Year’s resolutions, try including more soup (preferably the lower-calorie broth or tomato-based soups and not the richer cream types) in your diet. A soup and salad combo is perfect—just go easy on the bread.

A Recipe to Get You Started

Vegan White Corn Chowder

- 1 tablespoon olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 3 cups vegetable broth
- 2 cups plain soymilk
- 2 cups corn (you can use canned, frozen or fresh)
- 2 potatoes, diced
- 1 bay leaf
- ½ teaspoon thyme
- 1 teaspoon kosher salt
- black pepper

Heat oil in heavy pan over medium heat. Add onion and garlic and sauté about three minutes. Add vegetable broth, potatoes, bay leaf, thyme and salt. Bring to a bowl and simmer for five to seven minutes, or until the potatoes are tender. Stir in soy milk and corn and simmer on low until hot. If you want a creamier consistency, transfer about one cup of the vegetables and one-half cup of the broth to a blender and pureé until smooth. Return to the pot. Season with black pepper to taste. Serve hot.