

January 13, 2016

Spice Up Your Winter with Warming Soups

Cold winter weather calls for hot, steaming bowls of soup, with a side of crusty bread to sop up every last drop. Spice up your soup repertoire this season with our recipes inspired by flavours from warmer climes.

Our Tex-Mex inspired Yam and Black Bean Soup features a combination of smoky spices, like roasted Anaheim peppers, smoked paprika, coriander, cumin and cayenne, with earthy yams, hearty black beans and corn, and fresh, light cilantro and lime. Serve garnished with sour cream, cilantro and sliced avocado.

Try an Indian-inspired twist on the classic chicken soup with rice with our Coconut Chicken Soup. Tender chicken thighs are simmered in coconut milk and chicken broth, flavoured with cinnamon, coriander, cumin, fennel, turmeric, cayenne and bay leaves, all toasted slightly to bring out their warm aromas. The soup is finished with a sprinkle of cilantro and a squeeze of lime. A delicious way to use up any leftover rice!

YAM AND BLACK BEAN SOUP

Ingredients:

- 3 Anaheim chile peppers
- 2 tbsp canola oil
- 1 tsp smoked paprika
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/4 tsp cayenne pepper
- 1 1/2 cups diced onions
- 3 cloves garlic, finely chopped
- 4 cups cubed peeled yams
- 4 cups vegetable broth
- 1 can (19 oz/540 mL) black beans, rinsed and drained



1 cup frozen kernel corn
1 cup water
3/4 cup chopped fresh cilantro
1/4 cup fresh lime juice
Salt and freshly ground pepper
Sour cream
Chopped fresh cilantro

Method:

1. Preheat broiler.
2. Place peppers on a broiler pan.
3. Broil peppers 5 inches from heat, turning occasionally, until blackened on all sides, about 13 - 15 minutes.
4. Place hot peppers in a heatproof bowl. Cover bowl with plastic wrap and let peppers steam for 5 - 10 minutes.
5. When cool enough to handle, peel peppers under cold running water.
6. Remove and discard stems; cut peppers in half. Remove and discard seeds and ribs; dice peppers. There should be about 1/2 cup; set aside.
7. Heat oil in a Dutch oven over medium heat. Add paprika, coriander, cumin and cayenne pepper; cook, stirring, until fragrant, about 1 minute.
8. Add onions and garlic; sauté until onions are softened, about 5 minutes.
9. Add roasted peppers, yams and broth; stir to combine. Bring to a boil.
10. Reduce heat and simmer, covered, stirring occasionally, until yams are tender, about 20 - 25 minutes. Remove from heat.
11. Purée mixture in batches in a blender, filling blender no more than half full for each batch.
12. Return mixture to pan over medium heat. Add black beans, corn, water, 3/4 cup cilantro and lime juice; cook, stirring, until heated through. Season to taste with salt and pepper.
13. Serve topped with sour cream and additional cilantro. *Serves 5.*

COCONUT CHICKEN SOUP

Ingredients:

2 tbsp canola oil
3 bay leaves
1 cinnamon stick
1 tsp ground coriander
1/2 tsp ground cumin
1/2 tsp fennel seed, crushed
1/4 tsp turmeric
1/8 tsp cayenne pepper
1 lb (0.5 kg) boneless skinless chicken thighs, cut into 1/2 inch cubes
1 1/2 cups diced onions
2 cloves garlic, finely chopped
1 tsp finely chopped fresh ginger
2 cups diced tomatoes
4 cups chicken broth
1 can (400 mL) coconut milk
3 cups cooked basmati rice
1/3 cup chopped fresh cilantro
2 tbsp fresh lime juice

Method:

1. Heat oil in a Dutch oven over medium heat. Add bay leaves, cinnamon stick, coriander, cumin, fennel seed, turmeric and cayenne pepper; cook, stirring, until fragrant, about 1 minute.
2. Add chicken and brown on all sides. Add onions, garlic and ginger; sauté until onions are softened, about 5 minutes.
3. Add tomatoes, broth and coconut milk; stir to combine. Bring to a boil.
4. Reduce heat and simmer, covered, stirring occasionally, for 25 - 30 minutes.
5. Uncover; remove and discard bay leaves and cinnamon stick. Add rice, cilantro and lime juice; cook, stirring, until heated through. Serve immediately. *Serves 6.*