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Super Soups
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Soup's on! The days are getting shorter and cooler so what better way to warm up delicious bowl of soup? These healthy recipes make for quick family meals or easy brimming "super foods" including veggies, lean proteins and low-fat dairy.

- SALMON SEASHELL CHOWDER**
- PENNSYLVANIA PUMPKIN SOUP**
- TURKEY CHEDDAR POTATO SOUP**

Check out the Soup & Ladle Favorites cookbook featuring recipes from Pennsylvania. Visit www.eatrightpa.org/marketplace to order cookbook (\$12.95.)

Salmon Seashell Chowder

Recipe created by Janice Newell Bissex, M.S., R.D. & Liz Weiss, M.S., R.D., a Moms' Guide to Meal Makeovers"

Makes 4 servings

Ingredients:

- 1 1/2 cups (4 oz.) medium pasta shells, uncooked
- 2 1/2 cups 1% lowfat milk
- 3 tbsp all-purpose flour
- 1 tsp onion powder
- 3/4 tsp dried dill
- 1 1/2 cups frozen peas, thawed
- 1 (7 oz.) pouch skinless, boneless pink salmon, flaked
- Salt
- Pepper

Cook the pasta according to package directions, drain and set aside. In a saucepan,

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COOK the pasta according to package directions, drain and set aside. In a saucepan, milk, broth, flour, onion powder and dill and whisk until well blended. Add the pepper and place over high heat. Bring the mixture to a simmer, stirring constantly.

Reduce heat and continue to simmer and stir gently until the soup thickens slightly, Stir in pasta and season with salt and pepper to taste. Heat through and serve.

Pennsylvania Pumpkin Soup

Recipe from Soup & Ladle Favorites (available at www.eatrightpa.org/marketplace)

Makes 6 servings (1 cup each)

Ingredients:

- 1 pound pumpkin, peeled, seeded, cut into 1-inch cubes or 1 (14 ounce) can of pumpkin
- 1 tablespoon olive oil
- ½ cup celery, chopped
- ½ cup onion, chopped
- ½ cup apple, chopped, peeled
- 1 cup chicken broth
- 1 tablespoon quick-cooking tapioca
- 2 cups lowfat milk
- 1 chicken bouillon cube
- 1 teaspoon sugar
- ½ teaspoon nutmeg
- Dash salt and pepper
- ½ cup fat-free half-and-half
- Toasted pumpkin seeds (optional)

If using fresh pumpkin, steam in large stockpot until tender. Heat olive oil in skillet with onion and sauté for 5 minutes. Add apple; sauté for 5 minutes more or until tender. Add pumpkin, onion, apple and pumpkin in a blender and puree until smooth; set aside. Bring chicken broth to a simmer in small saucepan. Add tapioca and cook for 8 minutes; set aside. Combine puree, vegetables; milk and bouillon cube in a large saucepan and simmer. Add chicken bouillon, nutmeg, salt and pepper. Cook over medium-low heat until warm; stirring frequently. Add half-and-half and cook about 1 minute or until heated through; stirring constantly. Ladle into bowls and sprinkle with pumpkin seeds.

Turkey Cheddar Potato Soup

Recipe from Soup & Ladle Favorites (available at www.eatrightpa.org/marketplace)

Makes 8 servings

Ingredients:

- 2 tablespoons butter
- 1/3 cup onion, chopped
- 1/3 cup celery, chopped



- 4 cups potatoes, peeled and diced
- 3 cups chicken broth
- 2 cups (8 ounces) Cheddar cheese, shredded
- 2 cups lowfat milk
- 2 cups cooked turkey breast, shredded or cubed
- ¼ teaspoon pepper
- Dash paprika
- Fresh Italian parsley, chopped

Melt butter in a large saucepan. Add onion and celery; sauté until tender. Add pot mix well. Bring to a boil; reduce heat. Simmer, covered for 10 to 15 minutes or until fork-tender. Puree soup in batches in a blender until smooth. Return to saucepan. Add milk. Cook over low heat until cheese is melted, stirring frequently. Add turkey, paprika. Cook until turkey is warm (about 5 more minutes.) Ladle into soup bowls and garnish with parsley.

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