

RECIPE OF THE MONTH


JIFFY BEAN, BROCCOLI AND TOMATO CHOWDER

For a quick supper, try this easy soup. The author likes to use white kidney beans for their texture and color, though red kidney beans or chickpeas are fine. According to the author, “Broccoli goes into the chowder because I always seem to have it in my refrigerator, but I’m sure zucchini, green beans or spinach would be good, too.”

2	medium onions, chopped	2
250 mL	beef OR vegetable stock	1 cup
1	can (540 ml/19 oz) tomatoes (undrained)	1
500 mL	chopped broccoli	2 cups
1	can (540 ml/19 oz) white kidney beans, drained and rinsed	1
2 mL	dried basil	1/2 tsp
Dash	hot pepper sauce	Dash
	salt and pepper	

In large saucepan, combine onions and 125 mL (1/2 cup) of the stock; cover and simmer for five minutes or until onion is tender. Add tomatoes, breaking them up with back of spoon. Add remaining stock, 250 mL (1 cup) water and broccoli; bring to boil. Reduce heat and simmer for five minutes or until broccoli is tender-crisp.

Add beans, basil, hot pepper sauce, and salt and pepper to taste; heat until hot.

Microwave Method: In large bowl, combine onions and 125 mL (1/2 cup) of stock; cover and microwave at high power for three minutes. Add tomatoes, remaining stock, 250 mL (1 cup) water and broccoli; cover and microwave at high power for five minutes. Add beans, basil and hot pepper sauce; cover and microwave at high power for three minutes or until heated through. Season with salt and pepper to taste. 

Makes five servings, about 300 mL (1 1/4 cups) each.

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Per Serving	
Calories	150
Total fat	1 g
Saturated fat	trace
Fibre	11 g
Protein	10 g
Carbohydrate	28 g
Cholesterol	0 mg
Sodium	622 mg
Potassium	736 mg
Good:	Vitamin A, Thiamin, Riboflavin, Niacin, Iron
Excellent:	Vitamin C

