

The Secret to Superb Soup? Spill the Beans!

There is nothing as heartwarming, comforting and substantial as soup. More than a first course, soup can be a one-bowl meal in itself. From a light, elegant consommé to a thick chowder, the secret to superb soups are beans, glorious beans!

With hand-picked Goya dried beans, making soup has never been easier. Because they require no overnight soaking both these soups can be prepared and enjoyed the same day.

How about a garlicky vegetable minestrone, rich with buttery lima beans, plum tomatoes and shredded cabbage. Or try this variation on a classic split pea soup. A touch of cream makes it velvety-smooth, and curry gives it a unique taste. Goya's rich-tasting seasoning and bouillon packets make both these soups deliciously easy.

From winter bean borscht to summer tomato bean gazpacho, there's a Goya bean to make soup simple. So if you want to go from soup to superb, the secret is Goya beans.

Vegetable-Lima Bean Minestrone

- 2 tbsp. Goya Olive Oil
- 8 cloves garlic, finely chopped
- 2 cups each diced onion, celery and carrot
- 1 cup each cubed peeled potato and zucchini
- 1 cup shredded white cabbage
- 1 28oz. can plum tomatoes, drained and chopped
- 6 cups water
- 3 packets Goya Beef Bouillon
- 2 packets Goya Sazón sin Achiote
- 2 cups dried Goya Lima Beans, rinsed and drained
- 1 cup dried short macaroni (bowties, elbows), optional
- Salt and pepper to taste

1. Heat oil in large stockpot over medium heat. Sauté garlic, onion, celery and carrots for 5 minutes until lightly browned.
2. Lower heat. Sauté remaining vegetables, one at a time, for 3 minutes each.
3. Add tomatoes, water, Sazón, bouillon, and lima beans and bring to a boil. Lower heat and simmer for 2 hours. Add macaroni, salt and pepper, and cook 10 minutes more, until macaroni is tender. Serves 6-8.

Cream of Curried Split Pea Soup

- 1 pound Goya Green Split Peas, rinsed and drained
- 1 cup each chopped carrot, onion and celery
- 10 cups water
- 4 packets Goya Chicken Bouillon
- 2 packets Goya Sazón sin Achiote
- 3 packets Goya Ham Concentrate
- 2 tbsp. curry powder, or to taste
- 1 cup heavy cream
- Salt and pepper to taste

1. In a large pot, combine peas, vegetables, water, Sazón, ham concentrate and bouillon. Bring to a boil.
2. Lower heat and simmer for 1 hour, or until peas are tender and soup is thickened.
3. Remove from heat. With food processor or blender, puree half of soup in batches until smooth. Return pureed soup to pot. Stir in curry, heavy cream, salt and pepper. Garnish with a dollop of sour cream. Serves 6-8.

DEVILED EGGS WITH CURRY

Makes 6 servings at 21¢ each.

Prep: 15 minutes.

- 6 hard-cooked eggs, shelled
- 1/3 cup mayonnaise
- 1 tablespoon curry powder
- 1 teaspoon grated lemon peel
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon dry mustard
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Halve eggs lengthwise. Remove yolks; press through sieve into small bowl. Stir in mayonnaise, curry powder, lemon peel, lemon juice, mustard, cayenne pepper, salt and pepper. Spoon or pipe mixture (using large plain tip) into egg-white halves. Cover loosely with plastic wrap. Refrigerate until ready to serve.

Nutrient Value Per Serving:

166 calories, 7 g protein, 15 g fat, 2 g carbohydrate, 182 mg sodium, 220 mg cholesterol.

Exchanges: 1 meat, 2 1/4 fat.



Easy Cream of Broccoli Soup

Chop 1 onion and 1 clove garlic.

Sauté in 1 teaspoon butter in large saucepan coated with nonstick cooking spray until softened. Add broccoli stalks sliced into coins and enough reduced-sodium chicken broth to cover. Simmer until broccoli is very soft. Puree in food processor or blender. Return mixture to saucepan. Stir in milk or half-and-half to desired consistency, or for a lower-fat version omit milk products and stir in more broth. Season with salt and pepper. If you like, top with a drizzle of cream.

Save some
cooked florets of
cauliflower
to add at end