

GOOD NEIGHBORS

at Brookwood

TURKEY CHILI

Makes 6 servings, about 1 1/2 cups each

INGREDIENTS

2 teaspoons olive oil
1 yellow onion, chopped
3 garlic cloves, minced
1 medium red bell pepper, chopped
1 pound extra lean ground turkey or chicken (99%)
3 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
1/4 teaspoon cayenne pepper
1/2 teaspoon salt, plus more to taste
1 (28-ounce) can diced tomatoes or crushed tomatoes
1 1/4 cups chicken broth
2 (15 oz) cans dark red kidney beans, rinsed and drained
1 (15 oz) can sweet corn, rinsed and drained
For topping: cheese, avocado, tortilla chips, cilantro, sour cream

INSTRUCTIONS

1. Place oil in large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
2. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with anything you'd like.

CHICKEN NOODLE SOUP

INGREDIENTS

2 tablespoons olive oil
1 cup carrots, peeled and sliced thin (about 1 1/2 large carrots)
1 cup celery, sliced thin (about 2 stalks)
1 cup sweet Vidalia or yellow onion, peeled and diced small (about 1 medium onion)
2 garlic cloves, minced
64 ounces (8 cups) low-sodium chicken broth
2 bay leaves
1 teaspoon fresh thyme (or 1/2 teaspoon dried thyme)
1/2 teaspoon dried oregano
1 teaspoon pepper, or to taste
12 ounces wide egg noodles (or your favorite noodles or pasta)

2 cups shredded cooked chicken (use storebought rotisserie chicken to save time; or roast or cook your own chicken in a skillet)
3 to 4 tablespoons fresh flat-leaf parsley leaves, finely chopped
1 tablespoon lemon juice, optional
salt, to taste

INSTRUCTIONS

1. To a large Dutch oven or stockpot, add the oil and heat over medium-high heat to warm.
2. Add the carrots, celery, onion, and sauté for about 7 minutes, or until vegetables begin to soften. Stir intermittently.
3. Add the garlic and sauté for another 1 to 2 minutes.
4. Add the chicken broth, bay leaves, thyme, oregano, pepper, and bring to a boil. Allow mixture to boil gently for about 5 minutes or until vegetables are fork-tender.
5. Add the egg noodles and boil mixture for about 10 minutes, or until noodles are soft and cooked through. At any time while making the soup, if the overall liquid level is lower than you like and you prefer more broth, adding a cup or two of water is okay. At the end you will adjust the salt level.
6. Add the chicken, parsley, optional lemon juice (brightens up the flavor), and boil 1 to 2 minutes, or until chicken is warmed through. Taste soup and add salt to taste. I added about 1 tablespoon but this will vary based on how salty the brand of chicken broth used is, how salty the rotisserie chicken is, and personal preference. Make any necessary seasoning adjustments (i.e. more salt, pepper, herbs, etc.), remove the bay leaves, and serve immediately. Soup will keep airtight in the fridge for 5 to 7 days or in the freezer for up to 6 months.

BUTTERNUT SQUASH APPLE SOUP RECIPE (VEGETARIAN)

Serves 4-6

INGREDIENTS

1 medium yellow onion, chopped (about 1 cup)
1 celery rib, chopped (about 3/4 cup)
1 carrot, chopped (about 3/4 cup)
2 Tbsp olive oil
1 butternut squash, peeled and chopped (6 to 8 cups), seeds discarded (see How to Peel and Cut a Butternut Squash) (You can also purchase already cut up butternut squash)
1 tart green apple, peeled, cored, chopped (squash and apple ratio should be 3:1)
3 cups vegetable broth
1 cup water
Pinches of nutmeg, cinnamon, cayenne, salt and pepper

INSTRUCTIONS

1. Sauté onion, carrot, celery in olive oil: Heat a large thick-bottomed pot on medium-high heat. Heat the olive oil in the pot over medium heat. Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.
2. Add squash, apple, broth, water, then simmer: Add the butternut squash, apple, broth and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.
3. Purée the soup: Use an immersion blender to purée the soup, or work in batches and purée the soup in a standing blender.

4. Season with nutmeg, cinnamon, cayenne, salt, pepper: Add pinches of nutmeg, cinnamon, and cayenne. Add salt and pepper to taste. Garnish with chopped fresh parsley or chives.

NOTES

If you finely chop (1/2-inch) the butternut squash, apple, carrot, celery, and onion, they'll cook more quickly. Add a smoky flavor to the soup by sprinkling in some smoked paprika. Make the soup a little creamier by swirling in some sour cream (after you remove the soup from heat). Butternut squashes come in various sizes. Your ratio of chopped butternut squash to chopped apple should be 3 to 1.