



Made From Scratch Monthly

Soups and stews to warm you up for the winter months

Tom Yum Soup

- 6 c. chicken stock
- 1 stalk lemongrass, lower third finely minced, top bulb smashed and tied
- 1 carrot, thickly sliced
- 4 cloves garlic, minced
- 3 tbsp. minced onion
- 2 tbsp. grated galangal or ginger
- 3 makrut lime leaves (or bay leaves and a long strip of lime zest)
- 1 1/2 tbsp. & 1 tsp. fish sauce, divided
- 1/2 tbsp. soy sauce
- 1 tsp. lime or lemon juice
- 1 to 2 c. shiitake mushrooms, stems removed
- 1 small zucchini, sliced and halved
- 12 to 14 medium raw shrimp (or 8 to 10 large), peeled or unpeeled
- 1 c. cherry tomatoes, halved
- 1/4 (13.5 oz) can coconut milk
- 1 tsp. chili oil, optional
- Brown sugar, to taste
- Crushed chili pepper flakes, to taste
- 1/3 c. fresh cilantro or coriander

Instructions:

1. Pour the stock into a deep pot over medium-high heat. Add prepared lemongrass, including upper sections of the stalk you didn't mince. Boil 5 to 6 minutes to soften.
2. Add carrot, garlic, onion, galangal or ginger, lime leaves, 1 1/2 tablespoons fish sauce, soy sauce, and lime juice. Reduce heat slightly, cover, and simmer 5 minutes. Add mushrooms and zucchini, and simmer another 5 minutes.
3. Add shrimp and cherry tomatoes. Cook 3 minutes or until shrimp are pink and plump.
4. Turn the heat to low, and add 1/4 can coconut milk, chili oil, brown sugar, and red pepper flakes. Add the remaining teaspoon of fish sauce or more chili oil to taste. Discard the lime or bay leaves, if using. Serve with cilantro and enjoy.



Tips: Leaving shells on the shrimp adds flavor. In Thailand, cooks will remove the shells before cooking but add them to the soup, removing before served. For creamier soup, or if it's too strong, add more coconut milk.

Crockpot Venison Stew

- 2 c. Yukon gold or red potatoes, peeled and cubed
- 2 c. cremini mushrooms, quartered
- 1 c. celery, sliced
- 1 c. carrot, sliced
- 1/2 c. onion, diced
- 1/3 c. tomato paste
- 1 1/2 tsp. sugar (optional)
- 1 tsp. dried oregano
- 1/2 tsp. dried thyme
- 1/2 tsp. dried rosemary
- 1/4 tsp. & 1/8 tsp. black pepper, divided
- 1/2 tsp. & 1/6 tsp. salt, divided
- 1 bay leaf
- 1/4 c. flour
- 1 1/2 lbs. venison stew meat
- 1 tbsp. olive oil
- 1 c. red wine
- 1 c. beef broth

Instructions:

1. In a large bowl, sprinkle flour, 1/6 tsp. salt, and 1/8 tsp. pepper on the stew meat; toss to coat.
2. Heat oil in a nonstick skillet over medium-high heat. Add venison and cook for 4 minutes or until browned on all sides, turning frequently.
3. Add the potatoes, mushrooms, celery, carrots, onion, venison stew meat, tomato paste, oregano, thyme, rosemary, bay leaf, 1/2 salt, 1/4 pepper, and sugar (if using).
4. Pour wine and broth over venison. Cook on low for 7 1/2 hours or until meat is tender. Discard bay leaf before serving.



Tips: Not a fan of red wine? Substitute with beer (a brown or dark ale will give the best flavor). Stew meat can be frozen in an airtight container for up to three months; add a little water or wine before reheating.



Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals. Log in to **Prevea360 Health Plan Living Healthy** member.prevea360.com to find more recipes.

Slow Cooker Taco Soup

- 1 lb. ground sirloin (6%-9% fat), or ground turkey (6% fat)
- 1 c. chopped onions
- 1 (16-oz.) can of pinto beans, drained and & rinsed
- 1 (16-oz.) can of pinto beans, drained and & rinsed
- 1 c. fresh or frozen corn kernels
- 1 (8-oz.) canned tomato sauce
- 2 c. water
- 2 (14.5-oz.) cans of diced tomatoes
- 1 (4-oz.) can diced green chilies
- 1 packet taco seasoning mix
- 1 c. shredded, reduced fat cheddar or Monterey Jack Cheese
- 1/2 c. fat-free sour cream

Instructions:

1. In a medium skillet, cook the ground beef or turkey over medium heat until browned. Drain, and set aside.
2. Place the ground meat, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chilies, and taco seasoning in a slow cooker. Mix to blend, and cook on low setting for 8 hours.
3. Serve with 1/8 cup shredded cheese and a tablespoon of fat-free sour cream.



Tip: For some added crunch, add tortilla chips to your soup or you can also use flour tortillas.

Light Irish Lamb Stew

- 8 slices turkey bacon
- 3 lbs. boneless lamb shoulder, trimmed of visible fat and cut into 2-inch pieces
- 1/4 tsp. ground black pepper
- 1/4 c. all-purpose flour
- 1/4 tsp. salt
- 2 tbsp. canola oil, divided
- 2 cloves garlic, minced
- 1/2 large onion, chopped
- 1/4 c. water
- 2 c. low-sodium beef broth (or use regular)
- 1 tsp. white sugar
- 4 c. diced carrots
- 1 large onion, cut into bite-size pieces
- 2 medium potatoes with skin, diced
- 1/2 teaspoon dried thyme
- 1 bay leaf
- 1/2 cup white wine

Instructions:

1. Sauté turkey bacon slices in large nonstick skillet or frying pan until cooked, then crumble into small pieces.
2. Put lamb, salt, pepper, and flour in a large mixing bowl and toss to coat meat evenly. Coat the bottom of the pan with 1 tablespoon of canola oil, and brown meat over medium-high heat on all sides (5-7 minutes). If you want to fry the meat in two batches, coat the pan each time with 1/2 tablespoon of the oil.
3. Put browned meat in a stockpot. Add a tablespoon of canola oil to the pan and sauté the garlic and yellow onion until the onion begins to become golden.
4. Deglaze the frying pan with 1/2 cup of water. Add the garlic-onion mixture to the stockpot with bacon pieces, beef broth, and sugar. Cover and simmer for 1 1/2 hours or until tender.
5. Add remaining ingredients to the pot and simmer covered for 30-35 minutes (until vegetables are tender).



Tip: It is possible to overcook lamb stew. If you cook it for too long, the meat will start to fall apart, and it will lose moisture and begin to toughen. Cook stew just until the meat is fork tender but still intact.