

TORTELLINI AND VEGETABLE SOUP

SERVES 8 **FAST**

The flavor of this simple soup depends on fresh tortellini and curly-leaf spinach; do not substitute frozen tortellini or baby spinach.

- 1 tablespoon extra-virgin olive oil
- 1 onion, minced
- 6 garlic cloves, minced
- 1 teaspoon minced fresh thyme
or ¼ teaspoon dried
- 6 cups low-sodium chicken broth
- 3 bay leaves
- 1 (9-ounce) package fresh cheese tortellini
(see note above)
- 1 zucchini, seeded (see page 120) and cut
into ½-inch pieces
- 1 pound curly-leaf spinach, stemmed
(see note above)
- 1 cup frozen peas
- 2 tablespoons chopped fresh basil
- ⅛ teaspoon grated lemon zest
- Salt and pepper
- ¼ cup grated Parmesan cheese

1. Heat the oil in a large Dutch oven over medium heat until shimmering. Add the onion and cook until softened, about 5 minutes. Stir in 5 of the garlic cloves and thyme and cook until fragrant, about 30 seconds.

2. Stir in the broth and bay leaves, scraping up any browned bits, and bring to a simmer. Stir in the tortellini and zucchini and cook until the pasta is tender, 3 to 8 minutes. Stir in the spinach and peas and cook until the spinach is wilted, about 3 minutes.

3. Discard the bay leaves. Stir in the remaining 1 garlic clove, basil, and lemon zest. Season with salt and pepper to taste. Sprinkle individual bowls with the Parmesan before serving.

PER 1½-CUP SERVING: Cal 170; Fat 5g; Sat Fat 1.5g; Chol 15mg; Carb 24g; Protein 9g; Fiber 4g; Sodium 660mg

To Make Ahead

The soup can be cooled and refrigerated in an airtight container for up to 3 days. Reheat over low heat (do not boil).

Test Kitchen Tip: SEEDS BE GONE

Both yellow squash and zucchini are filled with small translucent seeds that can have a slimy texture, which is especially noticeable in light or brothy soups such as our Tortellini and Vegetable Soup. To avoid this, choose small to medium specimens that weigh 8 to 10 ounces (they contain fewer seeds than large ones), halve the squash lengthwise, and use a spoon or melon baller to scoop out the seeds. When cooked, these seedless pieces have a more appealing texture.

VIETNAMESE RICE NOODLE SOUP WITH BEEF

SERVES 6

To make slicing the steak easier, freeze it for 15 minutes. Be ready to serve the soup immediately after cooking the beef in step 5; if the beef sits in the hot broth for too long it will become tough. If you cannot find Thai basil, substitute regular basil. Asian soups are naturally high in sodium; if you are concerned about sodium intake, substitute our All-Purpose Chicken Broth (see page 95) for the commercial chicken broth.

BROTH

- 2 teaspoons canola oil
- 2 onions, minced
- 4 garlic cloves, minced
- 1 stalk lemon grass, bottom 5 inches only,
trimmed and sliced thin (see page 109)
- ¼ cup fish sauce (see page 336)
- 8 cups low-sodium chicken broth
- 1 cup water
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons sugar
- 4 star anise pods
- 4 whole cloves

NOODLES, MEAT, AND GARNISH

- 12 ounces (¼-inch-wide) dried flat rice noodles (see page 206)
- 3 cups bean sprouts
- 1 cup fresh Thai basil leaves
(see note above)
- 1 cup fresh cilantro leaves
- 2 scallions, sliced thin on the bias
- 1 fresh Thai, serrano, or jalapeño chile,
stemmed, seeded, and minced
- 1 lime, cut into wedges
- 12 ounces beef tenderloin, sliced in half
lengthwise, then sliced crosswise into
¼-inch-thick pieces (see note above)