

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Warm, Delicious and Comforting Soup!

The Bright Colors Tell the Story:

African Veggie Soup

2 TB Canola Oil
1 TB Turmeric
1 Tsp Sea Salt
½ Tsp Freshly Ground Black Pepper
1 Large Red Onion, chopped
4 Large Cloves Garlic, grated
2 TB Ginger, grated
2 LBs Sweet Potatoes, peeled and chopped
1 Can (15 ½ OZ) Fire Roasted Tomatoes
½ Cup Golden Raisins
1 Tsp Cinnamon
1 Tsp Cayenne Pepper
3 Cups Veggie Broth
1 (15 ½ OZ) Can Chickpeas, drained and rinsed well
2 Pkgs Frozen Chopped Spinach, thawed

1 (15 ½ OZ) *Tin Coconut Milk
Unsweetened Coconut Flakes
Nonfat Greek Yogurt + Chopped Parsley
Step One In a large sauté pan, heat the oil. Add the turmeric, salt and pepper and onion and cook until soft, stirring occasionally. Add the garlic and ginger sauté until fragrant
Step Two Add the sweet potato and cook and stir for 5 minutes. Add the tomatoes, raisins, cinnamon, cayenne, and broth. Turn heat to high and bring to a boil. Reduce the heat and simmer for 15 minutes.
Step Three Add the chickpeas and spinach stirring to combine. Cook until spinach is totally thawed. Add the coconut milk and cook and stir until warm. Serve topped with coconut, yogurt and parsley.

2 Kitchen Smidgen

Don't buy light coconut milk - Pour ½ of the whole coconut milk in a measuring cup and add half water. Place the rest in a zippy bag and put it in the freezer! Next time you need coconut milk just get it out and add water.

3 Get Creative

If you haven't used Unsweetened Coconut in savory cooking, (or even baking), you just have to try it! Coconut flakes often bring up memories of sweet coconut layer cake or coconut cream pie - but coconut is used in cuisines around the world in a non-sweet fashion. (Think about Thai Coconut Soup or Massaman Curry!) You can buy unsweetened coconut at health food stores, Whole Foods or other specialty grocery stores, in Indian or Asian stores.

4 WINE of the Week

SPIER Chenin Blanc

South Africa
About \$8.00 at Total Wine

Crisp and Juicy - Chenin Blanc is the perfect pair for a warm and comforting African soup! If you like Sauvignon Blanc, and aren't familiar with wines from South Africa, Chenin Blanc is a good variety to start with. Clean, mineral-ly, light with a lingering finish it tastes wonderful with spicy dishes from China, India or Thailand as well as veggie cuisine.