

The Friday 4

4
FRESH
IDEAS
YOU CAN
USE IN
4
MINUTES
OR LESS



1 Quick Recipe: Warm and Creamy Soup For a Cold Halloween Night!

Silky and Rich - without Cream!

Pumpkin Leek and White Bean Soup The Soup

1 TB Extra Virgin Olive Oil
1 Large Leek, Cleaned and Sliced
1 Large Onion, Chopped
2 Garlic Cloves, Chopped
7 Cups of Chicken Stock
2 Cans *Cannellini Beans, Drained and Rinsed Well with Cold Water
½ Tsp Dried Tarragon Leaves
1 Tsp Dried Thyme
¼ Tsp Dried Chili Pepper Flakes
¼ Cup Parsley, Chopped
2 Cans Solid Pack Pumpkin
½ Cup of Skim Milk or to Taste
Kosher Salt and Black Pepper
Step One Heat the oil in a large deep saucepan. Over medium heat

sauté the leeks and chopped onion until soft, about 10 minutes. Add the garlic and sauté for 1 minute.

Step Two Add the stock, beans, tarragon, thyme and chili flakes. Bring to a boil and simmer uncovered for 20 minutes.

Step Three Add the pumpkin, and cook until the pumpkin is warm, or about 5 minutes. With a stick mixer or in a blender, process until creamy and add milk, salt and pepper. Stir in the chopped parsley. Serve topped with *Gruyere* Toasts.

½ Baguette, Thinly Sliced
½ Cup Shredded *Gruyere* Cheese
Step One Preheat the oven to 350F. Place the toasts on a baking sheet and pop in the 350 oven for 10

minutes. Remove from the oven and sprinkle with *Gruyere*. Return to the oven until the *Gruyere* melts.

2 Kitchen Smidgen

**Cannellini* Beans are a mild flavored Italian Bean from Tuscany. Similar to a kidney bean, they are widely available in both canned and dried forms. Great White Northern Beans or Navy Beans can be used as a substitute.

3 Get Creative

Wondering when to use dry herbs instead of fresh? Fresh herbs tend to lose their taste after 30 minutes of cooking. Dried herbs hold up better for long cooking recipes. Garnish soups and stews with fresh herbs right before serving.

4 WINE of the Week

Bogle Sauvignon Blanc, California
Monterrey and Russian River Valleys

Cost Plus about \$10.00

Here's an affordable and fun California Sauvignon Blanc you can enjoy anytime. It's the perfect crisp, fresh and vibrant quaffer to stand up to the creamy goodness of pumpkin soup. Good acidity and a rich mouthfeel make this wine a winner - you'll taste lemon, grapefruit and green herbs with every sip.