

Hearty Fall Soups & Stews

featuring Chef Megan Lambert, MS and Sarah Hreyo

Tonight's Menu

- * **Vegan Tom Kha Gai**
- * **White Bean Chicken Chile Verde**
- * **Chorizo, Kale and Sweet Potato Stew**

Presenter

CHEF MEGAN LAMBERT, MS, RD



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Megan Lambert most recently attended East Carolina University, earning a master's degree in Nutrition Science. Previously, she earned bachelor's degrees in Nutrition and in Hotel, Restaurant and Institutional Management from

Pennsylvania State University. Following a dietetic internship at Syracuse University, she passed the exam to become a registered dietitian. Chef Lambert earned a certificate in baking and pastry arts from the Culinary Institute of America at Greystone in St. Helena, CA. She has worked in various baking and pastry settings from fine dining to large-scale bakeries, and has owned and operated The Flour Shop Bakery in Morrisville, NC. Chef Lambert teaches a variety of classes for baking and pastry majors as well as baking classes for culinary majors. She has a strong interest in teaching children about healthy food and how to grow their own gardens, as well as contributing to the local food system here in Charlotte.

Vegan Tom Kha Gai

Ingredients

- 2" piece Ginger, sliced into 1/8 inch thick disks
- 2" piece Galangal root, sliced into 1/8 thick disks
- 3" piece Lemongrass, bruised
- 8 Kefir lime leaves
- 4 cups Veggie broth
- 8 ounces sliced Mushrooms (oyster or shiitake)
- 8 ounces Butternut squash, 1/2" dice
- 1 can Coconut milk (full fat)
- 3 tablespoons Fish sauce (or sub vegan fish sauce) OR 1 1/2 teaspoons Salt
- 2 teaspoons Palm, Coconut or Brown sugar
- 2-4 fresh Thai chilies, optional

Garnish Ingredients

- Fresh lime wedges
- Fresh cilantro, chopped

Method

1. Place ginger, galangal, lemongrass, kefir lime leaves and veggie broth in a pot. Bring to a simmer, and simmer until broth is flavorful. It is traditional to serve the soup with these ingredients, but they are not eaten! You could remove these ingredients at this point, or you could put them in a mesh bag or coffee filter so they don't get eaten by accident.
2. Add butternut squash and simmer for 5 minutes.
3. Add mushrooms, tofu, coconut milk, fish sauce or salt, sugar, and Thai chilies, if using.
4. Simmer until butternut squash is tender.
5. Serve with fresh chopped cilantro and lime wedges.
6. May be served over rice or noodles.

White Bean Chicken Chile Verde

Yield: 4-6 servings

Ingredients

- 1 quart Chicken Stock
- 1 chicken breast
- 1/2 t. Cumin
- 1/2 t. Coriander
- 1/2 t. Mexican oregano
- Salt and Pepper to taste
- 1-1 1/2 c. White beans, cooked or canned
- 6-8 medium Tomatillos
- 1 medium Onion
- 2 cloves Garlic
- 1-2 medium Jalapenos
- 12 - 16 oz jar Cilantro OR Salsa Verde
- 1-2 cups Frozen corn kernels
- 1-2 cups Green beans, cut into 1" pieces

Method

1. Gently simmer the chicken breast in chicken stock, along with the cumin, coriander, oregano, and salt and pepper. Remove the chicken from the stock, cool, and shred.
2. To the stock, add the tomatillos, onion, garlic, and jalapenos. Simmer until tender, about 10 minutes. Remove from stock and blend with cilantro, using stock as needed to thin the salsa.
3. Return the salsa to the pot along with the chicken and white beans.
4. Add any optional vegetables to the pot, and simmer until all vegetables are cooked.
5. Taste and adjust seasoning.

RECIPES

All of tonight's recipes can be found online at www.uncnri.org/recipes

Chorizo, Kale and Sweet Potato Stew

Yield: 4-6 servings

Ingredients

- 2 t. Olive oil
- 8 oz Mexican chorizo, removed from casing
- 1 large Onion, diced
- 2 large Sweet Potatoes, diced
- 1 quart Vegetable or Chicken stock
- 1 large bunch Kale, finely chopped
- Salt & Pepper to taste

Method

1. Heat olive oil in a stock pot over medium-high heat. Add chorizo and onion, and saute until onion is translucent and chorizo is fully cooked.
2. Add sweet potato and stock and bring to a simmer. Simmer for 10 – 15 minutes, until sweet potato is just tender.
3. Add kale and simmer for 5 more minutes.
4. Add salt and pepper to taste.
5. Serve with crusty bread, and your favorite hot sauce.

Recipe Notes

Johnson & Wales University (JWU) is a recognized leader, worldwide, in culinary education. Through knowledge and collaboration its College of Culinary Arts is changing the way the world eats.

UNC Nutrition Research Institute (NRI) works to discover genome-based solutions to common health challenges by researching how nutrient requirements differ from person to person.

Appetite for Life is a series of community programs produced by the NRI that brings the latest nutrition science research down to earth in educational and interactive lectures, demonstrations and events. NRI and JWU are pleased to collaborate to bring you this evening's program.

UNC Nutrition Research Institute
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The NRI and Research

The science on food and nutrients and their relationship to health is complex. Individuals are unique and there are various factors that influence health outcomes. Researchers at the UNC Nutrition Research Institute (NRI) are working very hard to understand the intricacies of diet and nutrients, and their relationship to disease prevention and progression with the goal that general dietary guidance will be replaced with personalized nutrition recommendations.

Why Soup?

- Soups can be a healthy source of vegetables. The American Heart Association recommends that adults consume eight or more servings of fruits and vegetables every day^[1]. That's about 4.5 cups! Adding fresh or frozen vegetables to your soup will increase your daily intake of vegetables and add flavor.
- Making soup at home allows you to control the type and amounts of vegetables that you use to make your soup. Home cooking also allows you to monitor your sodium intake by choosing to use salt-reduced broths.
- Lighter soups can serve as an easy meal starter or side, while soups bulked up with beans, potato, or lean meats can serve as an entire lunch or light dinner.^[2]

Our Soup Stars

White Bean Chicken Chile Verde

Beans

Legumes are plants whose fruit is enclosed by a pod. We commonly call legumes "beans." Legumes include chickpeas/garbanzo beans, kidney beans, black beans, pinto beans, as well as lentils, peas, soybeans, and peanuts. Beans are an excellent source of fiber and **folate**. A one cup serving provides more than half of a person's daily requirement for each. High fiber diets and a sufficient intake of folate have been associated with a reduced risk of certain types of cancer. Legumes are also made up of other components that have potential anti-cancer effects including selenium, zinc, phytates, saponins, and isoflavones.

Did you know? NRI Principal Investigators Natalia Krupenko, PhD, and Sergey A. Krupenko, PhD, study folate. Dr. Natalia

Krupenko's research is focused on the role of folate in promoting health and preventing disease in humans, while Dr. Sergey Krupenko's research focuses on folate and its role in liver function and cancer disease.

Chicken

All chicken meat is a good source of lean protein. Chicken provides important vitamins and minerals, such as vitamins B₃ (niacin), B₆, and B₁₂, selenium, phosphorus, and **choline**.

Did you know? NRI Director Steven H. Zeisel, MD, PhD is credited with the discovery of choline's role as an essential nutrient, particularly for women during pregnancy. His studies on choline were the first to create an understanding of the nutrient's critical role in brain development of infants.

Chorizo, Kale, and Sweet Potato Stew

Kale

Dark leafy green vegetables tend to be considered powerhouses of nutrition. They are mostly water and therefore, when cooked, their nutrient content becomes more concentrated. Kale, along with other leafy greens, packs in a hefty amount of nutrients like fiber, vitamins A, C, and K, and magnesium. It also contains calcium, iron, and potassium. **Lutein**, a pigment and carotenoid antioxidant, is found in many leafy greens like kale and has been found to support brain and eye health. General recommendations are for at least 1.5 cups of dark green vegetables each week. For those taking blood thinners, it is recommended to consult with your physician or a registered dietitian, as a large amount of leafy greens may interfere with medications like Warfarin due to their high content of vitamin K.

Did you know? NRI Principal Investigator Carol L. Cheatham, PhD, is studying the effects of lutein on the development and functioning of the hippocampus and frontal lobes, brain structures that are integral to the formation and retrieval of memories and to higher-order cognition.

Sweet Potatoes

Sweet potatoes are an excellent source of vitamin A in the form of beta-carotene. Beta-carotene, an antioxidant, is one group of red, orange and yellow pigments called carotenoids. Beta-carotene along with other carotenoids provide roughly 50% of the vitamin A needed in the American diet.^[3] Pairing sweet potatoes with fat like olive oil, as we do in this stew, helps the body to absorb fat-soluble nutrients such as vitamin A.

Vegan Tom Kha Gai

Ginger

Ginger is often regarded as a "superfood" due to its many proven health benefits. Gingerol, the main bioactive compound in ginger, is responsible for many of its medicinal properties, including its anti-inflammatory and antioxidant effects^[4]. Researchers at the Mayo Clinic^[5] are currently conducting a study to examine the effect of ginger on the **gut microbiome** (the complex community of bacteria, yeasts, and viruses living in our intestines) – hoping to

