

Good Housekeeping Favorite Recipes

Vegetarian Meals



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Good Housekeeping FAVORITE RECIPES

VEGETARIAN
MEALS



Caribbean Black-Bean Soup

VEGETARIAN
MEALS



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[Southwest Tomato and Cheese Pieter Black Bean Burgers](#)

[Couscous with Garbanzo Beans](#)

[Fast Fried Rice](#)

[Fusilli with Garbanzo Beans and Spinach](#)

[Fettuccine with Mushrooms and Cream](#)

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[Spinach Soufflé](#)

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[Nacho Casserole](#)

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[Vegetarian Phyllo Pizza](#)

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[Bow Ties with Butternut Squash and Peas](#)

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CONTENTS

FOREWORD

INTRODUCTION

1

SOUPS AND STEWS

2

LUNCH AND BRUNCH

3

MAIN-DISH SALADS

4

QUICK DINNERS

5

ONE-DISH MEALS

INDEX

METRIC CONVERSION CHARTS



**Spring Onion, Spinach, and
Pecorino Frittata**

FOREWORD



I cook a lot of meatless dinners these days. Like many of you, I find that I'm not hungry for meat every night and I know that we get more than our fair share of protein. Growing up in an Italian-American family, a frittata, minestrone, and pasta e fagioli were often the main course at dinner, which might have been rounded out with cheese, along with a platter of broccoli drizzled with olive oil and lemon juice, or a simple tossed salad. I always loved these dinners but somehow never thought of them as "vegetarian."

Can a whole book on *Vegetarian Cooking* be real food for real families? Yes. Even if you have only 30 minutes to make dinner for picky eaters? Yes. This collection of over 150 recipes will give you family-friendly weeknight choices that require no mysterious ingredients or complicated techniques. Along with recipes there are tips, shortcuts, and suggestions for rounding out the meal, and some variations on featured recipes. You'll find chapters on Soups and Stews, Lunch and Brunch, Main Dish Salads, Quick Dinners, and One-Dish Meals—so whatever you're cooking for, we've got you covered. And with these delicious triple-tested selections, we think you'll hear lots of exclamations of "Yum!"

—Susan Westmoreland
Food Director, *Good Housekeeping*



**Penne with Green Beans
and Basil**

INTRODUCTION

For generations, the mealtime mantra of mothers across America has been “Eat your vegetables!” Well, as usual, mother is right. So too are the health professionals who, for decades have advocated a healthy diet of less meat and more fruits, vegetables, whole grains, lowfat or fat-free dairy products to help us live longer and better.

Americans have finally gotten the message. Tens of millions of people in the U.S. today have changed their eating habits to include more produce and grains and fewer animal products.

While you may not consider yourself a vegetarian, you probably do, in fact, eat a few meatless meals each week. Pancakes for brunch, yogurt and fruit for breakfast, an after-movie pizza with mushrooms and peppers, a quick lunch of vegetable-and-bean burritos, comforting mac-and-cheese casserole or take-out vegetable lo mein for dinner are all satisfying and nutritious fare, yet free of meat, fish, or poultry.

TYPES OF VEGETARIANS

Vegetarians choose to eliminate animal products from their diets for any number of reasons—ethical, environmental, economic, or religious. But according to a recent Gallup Poll, the majority of people who choose to go meatless do so for health reasons. Vegetarians usually fall into one of these groups:

- The **vegan**, or **total vegetarian**, diet includes only foods from plant sources: fruits, vegetables, legumes (dried beans and peas), whole grains, seeds, and nuts.
- The **lactovegetarian** diet includes plant foods plus cheese and other dairy products.
- The **ovo-lactovegetarian** diet is the same as the lactovegetarian, but also includes eggs.
- The **semivegetarian** diet, which is frequently favored by those who are just easing into a vegetarian lifestyle or who want to add more meatless meals to their diet, does not include red meat but does include chicken and fish along with plant foods, dairy products, and eggs.

EATING VEGETARIAN

Good Housekeeping does not advocate a vegetarian diet in *Vegetarian Meals*. Rather, we assembled this collection of our favorite healthful, flavor-packed recipes because, like many of our readers, you want to add more nutritious meatless dishes to your family’s meals. Perhaps you have a member of your family who is a vegetarian, or your child has just announced that he or she wants to give up all animal products. Or you simply want to introduce more vegetables, fruits, whole grains, legumes, and lowfat dairy products into your meals. In these pages, you’ll find a veritable garden of tasty, appealing, meat-free dishes to please everyone at your table.

Like life, variety is the key to delicious vegetarian meals. Experiment with the many available grains, legumes, fruits, and vegetables and combine them with several of the vast array of herbs and spices to marry flavors and add punch. You’ll discover that the possibilities are endless.

NUTRITIONAL GUIDELINES

The most important consideration for a nutritionally sound vegetarian diet is to consume a variety of foods and in sufficient amounts to meet the caloric and nutritional needs of each individual. If you are

incorporating more meatless meals into your family's menus and fewer animal products, there are several nutrients that you need to focus on to be sure everyone is getting an adequate amount, particularly youngsters:

Protein. You don't need to consume meat, fish, or poultry to have enough protein in your diet. Protein needs can easily be met by eating a variety of plant foods. It is not necessary to include specific combinations of foods (such as rice and beans) in the same meal. A mixture of proteins from grains, legumes, seeds, and vegetables eaten throughout the day will provide enough of all the amino acids, the building blocks of protein, your body needs.

Some sources of protein for vegetarians: legumes (dried peas and beans), seeds, nuts and nut butters, soy protein, cheese, milk and yogurt, eggs, grains, and some vegetables.

Iron. An integral part of hemoglobin which carries oxygen in the blood. Vegetarians who eliminate all meat, poultry and seafood (the primary sources of iron) may be prone to an iron deficiency.

Some sources of iron for vegetarians: legumes, dark green leafy vegetables (except spinach), iron-enriched and whole-grain breads and cereals, nuts, and seeds. Cooking foods in cast-iron cookware can also boost their iron content.

Calcium: The major building material for building bones and teeth.

Some sources of calcium for vegetarians: milk and milk products, dark green leafy vegetables (except spinach), calcium-fortified soy products, fortified juices and cereals.

Zinc. Essential for growth and development and proper functioning of the immune system.

Some sources of zinc for vegetarians: legumes, wheat germ, whole grains, nuts, pumpkin and sunflower seeds, milk and milk products.

Vitamin B-12. Essential for formation of red blood cells and proper functioning of the nervous system. Animal products are the only natural food source of this vitamin.

Some sources of B-12 for vegetarians: milk and milk products, eggs, fortified foods and supplements.

THE VEGETARIAN FOOD GROUPS

Adopting a healthful vegetarian or semivegetarian diet is as simple as choosing a variety of different foods daily from among each of the following seven categories. Try any of the suggested recipes.

• **Breads and grains.** Choose whole or unrefined grain products whenever possible or use fortified or enriched cereals. **Recipes:** Wheat-Berry Salad with Spinach, Roasted Vegetables with Arugula and Whole-Wheat Fusili, Barley Vegetable Stew.

• **Vegetables and fruits.** Always try to use the freshest produce you can get. When fresh is not available, opt first for frozen, then canned. Go for the deepest colors for the highest nutrition content: Most dark green leafy vegetables contain calcium and iron. Deep yellow and orange fruits and vegetables are good sources of beta carotene. Veggies and fruits are also rich in potassium, fiber, folic acid, and vitamin C. **Recipes:** Eggplant and Spinach Stacks, Spiced Sweet-Potato Stew, Vegetarian Tortilla Pie.

• **Beans, peas, soy, and other legumes.** Use beans, peas, and other legumes as a main dish or part of a meal often. They are excellent sources of protein, and also contribute zinc, calcium, and iron. **Recipes:** White Bean and Tomatillo Chili, Lentil Shepherd's Pie, Falafel Sandwiches.

• **Dairy products or calcium-rich substitutes.** If using dairy products, select reduced-fat, lowfat,

fat-free varieties whenever possible. **Recipes:** Savory Rice and Ricotta Tart, Nacho Casserole, Eggplant Parmesan.

• **Nuts and seeds.** Eat a variety of nuts and seeds as a snack, on fruit or vegetable salads, or in many dishes. They are a source of protein, zinc, and iron. Don't overdo—they are high in calories.

• **Fats:** Essential in any diet, but ideally, most fats should come from whole plant foods such as nuts, seeds, and avocado. Moderate amounts of plant oils such as olive, canola, and sesame are good choices for cooking or for salad dressings.

• **Eggs.** Because of their high cholesterol content, you may want to limit eggs to three or four a week or consider using commercial egg substitutes, which contain no cholesterol and can be used freely as a protein source. **Recipes:** Leek and Goat Cheese Quiche, Spinach and Jack Cheese Bread Pudding, Mexican Potato Frittata.

PLANNING MEALS

The key to serving delicious vegetarian meals everyone will enjoy is to create dishes that include some of each food group and have a variety of tastes, colors, and textures.

If you're just beginning on the path to more meatless meals, you may find some resistance from the carnivores in your family. Understand that it will take some time for those who are used to thinking of vegetables as side dishes to see them as the main event. Ask everyone to contribute a list of his or her favorite foods. Many dishes that contain meat can be easily modified to make them vegetarian. Chili, stir-fries, and pasta dishes naturally lend themselves to meatless recipes.

In general, plan your meals around one main dish that is vegetable, bean-, or grain-based. Then add the appropriate go-withs. For example, if your main course is a vegetable tart, accompany it with a potato, grain, or corn for a nutritionally complete meal. With a main course of pasta, add a salad and whole-grain bread. A bean-and-vegetable casserole calls for a side of rice pilaf or other grain.

TIPS FOR BUSY PEOPLE

Most of us spend our days on the go: at work, shuttling kids back and forth, shopping, doing chores. Preparing good, wholesome vegetarian meals for your family shouldn't be a burden. Here are a few shortcuts for healthier cooking.

- Plan menus, make lists, then shop.
- Make sure there are plenty of good-quality ingredients on hand for quick and/or last-minute meals, such as pastas, canned beans and tomatoes, frozen vegetables, and cheeses.
- Make two big casseroles or a double-batch of a one-pot dish that will feed your family for two nights. Serve with a salad and whole-grain bread.
- On the weekend, do some basic prep work of foods that can be incorporated into meals during the week: Cook up some rice or other grain, make pasta sauce, or cook a pot of beans.
- Get everyone involved in planning, shopping, and preparing meals. That way, they'll be more likely to eat and enjoy the meal. This approach is also a great way to get children started on healthy eating habits.

SOUPS AND STEW



Curried Sweet-Potato and Lentil Soup

What is it about a steaming pot of soup or a hearty stew, slowly simmering on the stove and filling the house with enticing aromas, that instinctively reminds us of childhood? Possibly it's because carefully prepared soups and stews have come to symbolize the comforts of home. They warm us when the weather turns cold and console us after a trying day.

For busy cooks with families on the go, soups and stews are a godsend. They need minimal prep work, usually just chopping vegetables and measuring the required amounts of liquid, grains, herbs, and spices that go into the pot. Then, depending on the recipe, the whole lot can simmer slowly or quickly on the stove, in the oven, or in a slow cooker. What's more, many taste even better the next day, which means leftovers are sure to be satisfying.

On days when schedules dictate that everyone has to eat dinner at a different time, it's great to know there's a warm pot of something nutritious and flavorful ready for each person to tuck into. And when you find yourself with a few more hungry mouths to feed than you'd counted on, just add some more veggies or beans to the pot or to the accompanying salad, heat up a hearty loaf of bread, and call the gang in for dinner.

So what will it be tonight? How about the comfort of old-fashioned Tomato and Rice Soup or everyone's favorite bistro classic, French Onion Soup? Savor the flavors of the Old South with Red Bean and Collard Gumbo. Heed the call of the Southwest with any one of our four vegetarian chicken recipes. If the exotic appeals to you, try the spicy Thai Coconut Soup or Curried Vegetable Stew, redolent with Indian spices, raisins, and tomatoes.

And lest you think soups and stews are winter-only meals, while you're firing up the outdoor grill, sit down to the refreshing Chilled Buttermilk-Vegetable Soup.

When dinner's done, if you're lucky enough to have even a little bit of leftovers, freeze them in individual-serving size containers to re-heat for a quick meal. Even smaller amounts can serve as an accompaniment to a sandwich or salad.

Stovetop Chili

A quick weeknight chili that's packed with buttery black soybeans, tender-crisp green beans, and melt-in-your-mouth sweet potatoes. Serve with a chunk of warm corn bread.

PREP: 20 MINUTES COOK: 35 MINUTES

MAKES ABOUT 11 CUPS OR 6 MAIN-DISH SERVINGS.

1 tablespoon olive oil
1 medium onion, chopped
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
2 garlic cloves, crushed with garlic press
1 jalapeño chile, seeded and minced
1 can (28 ounces) whole tomatoes
½ pound green beans, trimmed and each cut crosswise in half
3 medium sweet potatoes (about 1½ pounds), peeled and cut into 1½-inch pieces
1 teaspoon sugar
1 teaspoon salt
2 cups water
2 cans (15 ounces) black soybeans or black beans, rinsed and drained
sour cream (optional)

- 1.** In nonstick 5- to 6-quart Dutch oven, heat oil over medium heat until hot. Add onion and cook, stirring occasionally, until tender, about 10 minutes. Add chili powder, cumin, coriander, garlic, and jalapeño; cook, stirring, 1 minute.
- 2.** Add tomatoes with their juice, green beans, sweet potatoes, sugar, salt, and water; heat to boiling over medium-high heat, breaking up tomatoes with side of spoon. Reduce heat to low; cover and simmer, stirring occasionally, until sweet potatoes are tender, about 25 minutes.
- 3.** Add soybeans and heat through, about 2 minutes longer. Serve with sour cream, if you like.

Each serving: About 275 calories, 14g protein, 45g carbohydrate, 5g total fat (1g saturated), 0mg cholesterol, 635mg sodium.

Vegetarian Chili

Black soybeans, sold in convenient cans, have a better texture and flavor than the usual beige variety and add extra oomph to winter chili.

PREP: 30 MINUTES COOK: 50 MINUTES

MAKES ABOUT 10 CUPS OR 6 MAIN-DISH SERVINGS.

4 teaspoons olive oil

1 medium butternut squash (about 2 pounds), peeled and cut into $\frac{3}{4}$ -inch pieces

3 medium carrots, peeled and cut into $\frac{1}{4}$ -inch pieces

1 large onion (12 ounces), chopped

2 tablespoons chili powder

2 garlic cloves, crushed with garlic press

1 can (28 ounces) plum tomatoes

3 jalapeño chiles, seeded and minced

1 cup vegetable broth

1 tablespoon sugar

$\frac{1}{2}$ teaspoon salt

2 cans (15 ounces each) black soybeans, rinsed and drained

1 cup lightly packed fresh cilantro leaves, chopped

plain nonfat yogurt (optional)

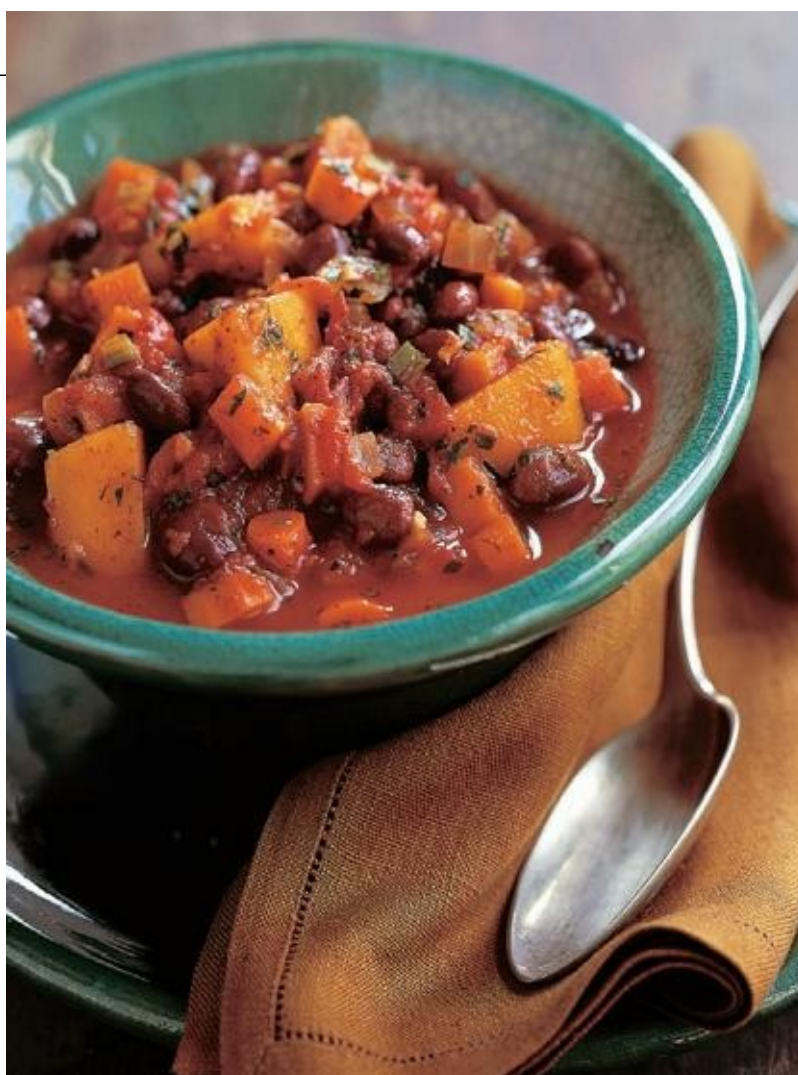
1. In nonstick 5-quart Dutch oven or saucepot, heat 2 teaspoons oil over medium-high heat until hot. Add squash and cook, stirring occasionally, until golden, 8 to 10 minutes. Transfer squash to bowl; set aside.

2. In same Dutch oven, heat remaining 2 teaspoons oil. Add carrots and onion and cook, stirring occasionally, until golden, about 10 minutes. Stir in chili powder and garlic; cook, stirring, 1 minute longer.

3. Add tomatoes with their juice, jalapeños, broth, sugar, and salt; heat to boiling over medium-high heat, stirring to break up tomatoes with side of spoon. Stir in soybeans and squash; heat to boiling over medium-high heat. Reduce heat to low; cover and simmer until squash is tender, about 30 minutes.

4. Remove Dutch oven from heat; stir in cilantro. Serve chili with yogurt, if you like.

Each serving: About 265 calories, 15g protein, 40g carbohydrate, 6g total fat (1g saturated), 0mg cholesterol, 480mg sodium.



Vegetarian Chili

Meatless Chili

So thick and hearty, you'll never miss the meat. Serve by the bowlful, with warm tortillas.

PREP: 30 MINUTES PLUS SOAKING BEANS BAKE: 1 HOUR 30 MINUTES

MAKES ABOUT 12 ½ CUPS OR 6 MAIN-DISH SERVINGS.

- 1½ pounds mixed dry beans, such as red kidney, white kidney (cannellini), and black (3 cups total)**
- 1 tablespoon vegetable oil**
- 3 medium carrots, peeled and cut crosswise into ¼-inch-thick slices**
- 2 medium onions, finely chopped**
- 1 stalk celery, finely chopped**
- 1 medium red pepper, finely chopped**
- 3 garlic cloves, minced**
- 1 jalapeño chile, minced**
- 2 teaspoons ground cumin**
- ½ teaspoon ground coriander**
- 1 can (28 ounces) tomatoes in puree**
- 1 chipotle chile in adobo, minced**
- 2 teaspoons salt**
- ¼ teaspoon dried oregano**
- 1 package (10 ounces) frozen whole-kernel corn**
- 1¼ cups loosely packed fresh cilantro leaves and stems, chopped**

- 1.** Place beans in colander and pick through, discarding any stones or debris. Rinse beans with cold running water and drain. Transfer beans to large bowl. Add enough *water* to cover by 2 inches. Cover and let stand at room temperature overnight. (Or, in 5-quart Dutch oven or saucepot, combine beans and enough *water* to cover by 2 inches; heat to boiling over high heat. Boil 2 minutes. Remove from heat; cover and let stand 1 hour.) Drain and rinse beans.
- 2.** Preheat oven to 375°F. In 5-quart Dutch oven, combine beans and *8 cups water*; heat to boiling over high heat. Cover and bake, stirring occasionally, until beans are tender, about 1 hour. Drain beans and return to Dutch oven.
- 3.** Meanwhile, in 10-inch skillet, heat vegetable oil over medium heat until hot. Add carrots, onion, celery, and red pepper; cook, stirring frequently, until vegetables are tender, about 10 minutes. Stir in garlic, jalapeño, cumin, and coriander; cook, stirring, 30 seconds. Stir in tomatoes with their puree, chipotle chile, salt, and oregano, breaking up tomatoes with side of spoon; heat to boiling over high heat. Reduce heat to low; simmer, uncovered, 10 minutes.
- 4.** Stir tomato mixture, corn, and *2 cups water* into beans; cover and bake 30 minutes longer. Remove Dutch oven from oven; stir in cilantro.

Each serving: About 360 calories, 20g protein, 66g carbohydrate, 4g total fat (0g saturated), 0mg cholesterol, 1,195mg sodium.

White Bean and Tomatillo Chili

A spicy vegetarian chili with fresh tomatillos—tart, green, tomatolike fruits (with papery husks) that are staples in Southwestern cuisine. For this recipe, we used canned, not dry, white kidney beans. Serve with warm tortillas and a dollop of plain yogurt.

PREP: 5 MINUTES COOK: 25 MINUTES

MAKES ABOUT 9 CUPS OR 4 MAIN-DISH SERVINGS.

2 tablespoons olive oil

3 garlic cloves, crushed with garlic press

1 small onion, cut in half and thinly sliced

1 jalapeño chile, seeded and minced

1 teaspoon ground cumin

1 pound tomatillos, husked, rinsed, and coarsely chopped

1¼ teaspoons salt

½ teaspoon sugar

1 can (14½ ounces) vegetable broth (1¾ cups)

1 can (4 ounces) chopped mild green chiles, drained

1 cup water

2 cans (15 to 19 ounces each) white kidney beans (cannellini), rinsed, drained, and coarsely mashed

1 cup loosely packed fresh cilantro leaves, chopped

- 1.** In nonstick 10-inch skillet, heat oil over medium heat until hot. Add garlic, onion, jalapeño, and cumin, and cook, stirring often, until light golden, 7 to 10 minutes.
- 2.** Meanwhile, in 5- to 6-quart saucepot, combine tomatillos, salt, sugar, broth, green chiles, and water; heat to boiling over high heat. Reduce heat to low. Stir in onion mixture; cover and simmer 10 minutes.
- 3.** Stir in beans and cilantro; heat through.

Each serving: About 335 calories, 13g protein, 50g carbohydrate, 10g total fat (1g saturated), 0mg cholesterol, 1,610mg sodium.

Cranberry Bean Soup

A Chilean-style soup made with butternut squash, tomatoes, fresh basil, and jalapeño. Cranberry beans have large, knobby beige pods speckled with red; the beans inside are cream-colored with red streaks and have a nutlike taste.

PREP: 40 MINUTES COOK: 45 MINUTES

MAKES ABOUT 9 CUPS OR 4 MAIN-DISH SERVINGS.

4 teaspoons olive oil

1 medium butternut squash (2 pounds), peeled and cut into $\frac{3}{4}$ -inch pieces

1 medium onion, chopped

2 garlic cloves, minced

1 jalapeño chile, seeded and minced

1 teaspoon ground cumin

1 can (14½ ounces) vegetable broth (1 $\frac{3}{4}$ cups)

2 medium tomatoes, chopped

1½ pounds fresh cranberry beans, shelled (about 2 cups beans)

1 teaspoon salt

1 teaspoon sugar

1¼ cups loosely packed fresh basil leaves, chopped

2¼ cups water

2 cups corn kernels cut from cobs (about 4 medium ears)

- 1.** In 5-quart Dutch oven, heat 2 teaspoons oil over medium heat until hot. Add squash and onion and cook, stirring occasionally, until golden, about 10 minutes. Transfer squash mixture to bowl.
- 2.** In same Dutch oven, heat remaining 2 teaspoons olive oil over medium heat; add garlic, jalapeño, and cumin and cook, stirring, 1 minute. Stir in broth, tomatoes, beans, salt, sugar, squash mixture, 1 cup basil, and water; heat to boiling over high heat. Reduce heat to low; cover and simmer, stirring occasionally, until beans are tender, about 30 minutes.
- 3.** Stir in corn; heat to boiling over high heat. Reduce heat to low; cover and simmer 5 minutes longer. Stir in remaining 1 cup chopped basil.

Each serving: About 353 calories, 15g protein, 68g carbohydrate, 7g total fat (1g saturated), 0mg cholesterol, 854mg sodium.

Caribbean Black Bean Soup

Our new take on black bean soup is made with allspice, thyme, and brown sugar for authentic island flair.

PREP: 45 MINUTES PLUS SOAKING BEANS COOK: 2 HOURS 30 MINUTES

MAKES ABOUT 13 CUPS OR 6 MAIN-DISH SERVINGS.

- 1 pound dry black beans**
- 2 tablespoons vegetable oil**
- 2 medium red onions, chopped**
- 4 jalapeño chiles, seeded and minced**
- 2 tablespoons minced, peeled fresh ginger**
- 4 garlic cloves, minced**
- ½ teaspoon ground allspice**
- ½ teaspoon dried thyme**
- 8 cups water**
- 2 medium sweet potatoes (about 12 ounces each), peeled and cut into ¾-inch pieces**
- 1 tablespoon dark brown sugar**
- 2 teaspoons salt**
- 1 bunch green onions, trimmed and thinly sliced**
- 1 cup lightly packed fresh cilantro leaves, chopped**
- 2 limes, cut into wedges (optional)**

- 1.** Place beans in colander and pick through, discarding any stones or debris. Rinse beans with cold running water and drain. Transfer beans to large bowl. Add enough *water* to cover by 2 inches. Cover and let stand at room temperature overnight. (Or, in 5-quart Dutch oven or saucepot, combine beans and enough *water* to cover by 2 inches; heat to boiling over high heat. Boil 2 minutes. Remove from heat; cover and let stand 1 hour.) Drain and rinse beans.
- 2.** In 6-quart saucepot, heat vegetable oil over medium heat until hot. Add onions and cook, stirring occasionally, until tender, about 10 minutes. Add jalapeños, ginger, garlic, allspice, and thyme and cook, stirring, 3 minutes.
- 3.** Add beans and water; heat to boiling over high heat. Reduce heat to low; cover and simmer 1 hour 30 minutes.
- 4.** Add sweet potatoes, brown sugar, and salt; heat to boiling over high heat. Reduce heat to low; cover and simmer until beans and sweet potatoes are tender, about 30 minutes longer.
- 5.** Transfer 1 cup bean mixture to blender; cover, with center part of cover removed to let steam escape, and puree until smooth. Return to saucepot.

Stir in green onions and cilantro. Serve with lime wedges, if you like.

Each serving: About 390 calories, 17g protein, 70g carbohydrate, 6g total fat (1g saturated), 0mg cholesterol, 705mg sodium.

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