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## Man-Worthy Soup Recipes

Posted on Jan 17th 2011 2:00PM by [Kyle Stack](#)  
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A long day at work often makes a complicated dinner preparation unrealistic. Sometimes guys just want to come home and heat up something to eat. That's what makes soups and stews so valuable. Although they take a little extra time up front, they can easily feed you for most of the week. Best of all, although they're best when they cook for a few hours on the stove, soups and stews are relatively simple.

[Marisol Kim](#), a San Francisco-based certified nutrition consultant and chef, shared four standard soups and stews that taste great and contain a stable of healthy ingredients. She likes to form a flavor base for each dish starting with mirepoix -- the French name for a combination of [celery](#), [carrots](#) and onions. Once you have the basics down, experiment with adding different herbs and veggies to the recipes below. Here are four dishes in which

mirepoix can be incorporated:

### Beef Stew

Lamb is a fine choice for a different flavor, although regular stew meat works fine. If you opt for the latter, go with grass-fed beef instead of grain- or [corn](#)-fed options, Kim said. "[Grass-fed beef] contains five times the amount of [omega-3](#) than commercial beef, and it's 10 times higher in conjugated linoleic acid," she said.

Omega-3 is a natural [anti-inflammatory](#) that aids in cardiovascular health and brain function. CLA is an anti-[cancer](#) compound that helps reduce the risk of [heart disease](#) and cancer, reduces fat, and increases muscle mass.

Combine the meat into a pot with beef, vegetable or chicken stock, a generous amount of mirepoix, herbs, and red potatoes for extra heartiness. Let the ingredients simmer on the stovetop for one and a half to two hours. The beef will become more flavorful the longer it's allowed to cook, according to Kim.

### Chicken Soup

If you buy a whole chicken, then you can find more nutrients by simmering the bone.

"Chicken bones are especially healing due to the amount of nutrients in the marrow and cartilage in the bones," Kim said. They contain calcium and collagen, the latter of which is helpful for hair, nail and skin health.

In addition, mirepoix, [garlic](#), broccoli and cauliflower offer flavor and more nutrition. Kim said garlic is another essential ingredient for immune health; broccoli and cauliflower contain a high amount of [fiber](#) and [vitamin C](#), and they should be added five to 10 minutes before the soup is finished.

Heat the chicken in the pot with the mirepoix and broth until the meat falls off the bones. Pour all the ingredients into a strainer. (Keep the broth by placing the strainer over another pot.) Remove the bones and combine all ingredients -- with broth -- back into the original pot and stir until ready.

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### Rice/Lentil Soup

[Brown rice](#), and even wild rice, is great to team with lentils to provide a fantastic flavor for the winter months. Kim said jasmine or basmati brown rice are best for this recipe. If you opt for wild rice, which packs more flavor, prepare for it to cook twice as long as brown rice, which takes approximately 25 to 30 minutes.

Lentils, like other legumes, are a valuable source of complex carbohydrates and fiber, which Kim said stabilizes blood sugar. "The [beauty](#) of lentils is they cook really fast," Kim said. "It can take 15 to 20

minutes."

Yet beware of how lentils cook. "If you cook any legume in salt or an acidic medium, such as tomato sauce, it's going to harden the shell and take longer to cook," Kim said. "The secret is to not add salt at the beginning of the cooking process." Be sure to integrate bay leaves, parsley and cilantro for additional flavor.

### Ginger-Squash Soup

Ginger is an adaptogenic herb, according to Kim. "[These herbs] are excellent for [stress](#) -- they give you more energy, relieve anxiousness, and are great for digestion and nausea," she said.

Bake an acorn or [butternut](#) squash cut in half at 350 F for 25 minutes. Once the squash is done, its skin will peel

off easily, making the vitamin B-rich veggie easier to cut into small cubes. "It makes your whole cooking experience much easier," Kim said. Add the cubed squash and two teaspoons of minced ginger to a simmering pot of mirepoix; simmer for 15 to 20 minutes and serve. You can also blend it if you want a creamier soup.

*Let's be honest, guys, ladies aren't the only ones watching their waistlines. Our Gut Check column offers tailored advice on how to keep your weight in check by offering easy, healthy twists on your favorite foods and exercise advice for men who want to be a little closer to six-pack abs than a beer belly.*

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