



From the Heart!
Express your connection and caring

Comfort a friend with soup!

"No other food touches your heart and soul like soup!" says Marjorie Druker, owner of the beloved New England Soup Factory. "It warms you from the inside out with healthful ingredients—the perfect gesture for someone who's going through a rough patch or feeling ill."



Pick a soothing recipe!
"Soups are inexpensive, very forgiving and usually won't take more than 20 or 30 minutes, so you can always find time in your schedule to make one," promises Druker, author of *New England Soup Factory Cookbook*. What type to make? "This time of year, hearty soups filled with nutrient-dense veggies, grains and legumes are the way to go. If someone is under the weather, you really

can't beat a chicken broth-based recipe." Both recipes below make enough for you to keep some and gift the rest, and they can be doubled for an even larger amount. "And they freeze beautifully, so the recipient doesn't have to eat hers right away—although she'll want to!"

Spirit-Lifting Greek Orzo, Lemon and Chicken Soup

"This delicious riff on classic chicken soup is the most requested from our store—and really helps if you're feeling sick," reveals Druker. "The broth is intensely rich and brightened by lemon juice and zest, the eggs add an extra dose of protein and the toothsome orzo stays firm for days. I always like to see the response when I ladle out a sample for someone who admits to not feeling well. A smile—and an order for a bowl—usually follow."

- 10 cups homemade or storebought chicken stock
- 3/4 cup orzo
- 4 eggs, lightly beaten with a fork
- Juice of 3 lemons
- Zest of 2 lemons
- 1 cup coarsely chopped cooked chicken
- 1 lb. fresh spinach



● In a stockpot, bring the stock to a boil over high heat. Add the orzo and cook 5 minutes. While stirring constantly, drizzle in the eggs and continue stirring for at least 30 seconds, or until the eggs cook into threads. Add the lemon juice, zest, chicken, spinach and salt and pepper to taste. Return to a boil, then remove from heat and serve. Makes 8 servings.

It fights cold and flu! Science has proven why chicken soup is such a cold-fighter: Easy-to-digest chicken is rich in carnosine, a protein that strengthens the immune system. Plus, the steam from the hot soup soothes swollen nasal passages!



Hearty Twice-Baked Potato Soup

This soup "has the nostalgic flavor of a twice-baked potato but with nutritious spinach added!" says Druker.

- 5 Tbs. butter
- 4 cloves garlic
- 1 large Spanish onion, diced
- 3 ribs celery, diced
- 8 large baking potatoes, peeled and cut into large chunks
- 6 cups vegetable or chicken stock
- 2 lbs. fresh spinach
- 1 bunch diced scallions
- 16 oz. sour cream
- 16 oz. light cream
- 16 oz. sharp shredded Cheddar cheese
- 5 dashes of Worcestershire sauce
- 3 dashes of Tabasco sauce



● In a stockpot melt the butter over medium-high heat. Add garlic, onion and celery and sauté 5 minutes. Add potatoes and stock; bring to a boil. Reduce heat to a medium simmer and let cook for 35 minutes or until potatoes are tender. Remove from heat, add remaining ingredients except for scallions; purée until smooth with a hand blender. Add scallions and stir. Place back onto stove and cook five minutes. Garnish with extra Cheddar and scallions. Makes 8 servings.

Don't fuss over packaging!

Unless a pal lives down the street, it's best not to bring soup in the actual pot, so there's no pressure to return it quickly. "Plastic or glass containers are best, or a thermos for a co-worker," says Druker. "But don't let not having the perfect Tupperware stop you from gifting someone food. Large pickle jars are great for transporting soup. I've received home-canned tomatoes in Snapple bottles and loved it!" Label the container with the type of soup or add a card with a copy of the recipe.



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