

# THIS MINUTE

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## Soups That Slim You



Avanti



**DROP THE BREAD BASKET:** A study shows that women who started their meal with a broth-based soup instead ate 100 fewer calories than those who skipped the appetizer.

Why? The combo of liquids and solids curbs hunger. Celeb nutritionist Christine Avanti, author of *Skinny Chicks Don't Eat Salads*, created these low-fat recipes for *Us*. JESSICA MEHALIC

### Chicken Tortilla Soup, 80 calories per serving

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|--------------------------------------|----------------------------------|
| 2 boneless, skinless chicken breasts | 2 diced celery ribs              |
| ¼ tsp and ½ tsp cumin                | 2 diced carrots                  |
| ¼ tsp and ½ tsp chili powder         | 20 halved grape tomatoes         |
| 28 oz canned, crushed tomatoes       | 1 qt low-sodium chicken broth    |
| 1 large diced onion                  | ½ cup frozen corn                |
| 5 minced garlic cloves               | 1 lime, cut into wedges          |
| 1 tbsp extra-virgin olive oil        | ¼ cup cilantro                   |
|                                      | 24 crumbled baked tortilla chips |

Cut chicken into small pieces and coat with ¼ tsp cumin, ¼ tsp chili powder, salt and pepper to taste. Set aside. Puree crushed tomatoes, onion and half of the garlic. Heat oil in a large pot over medium heat. Add other half of the garlic, celery, carrots, grape tomatoes, cumin, chili powder, salt and pepper and sauté for 5 minutes. Add tomato puree. Stir frequently for 10 to 15 minutes until thick. Add broth and bring to a boil. Reduce heat to medium-low and boil for 15 minutes. Add corn and chicken; boil until cooked, about 5 to 7 minutes. Pour soup into bowls, squeeze lime wedge over each. Garnish with cilantro and chips. Makes 16 ¾-cup servings.



### Sicilian Lentil Soup, 130 calories per serving

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|-------------------------------|---------------------------------|
| 1 lb lentils                  | 16 oz canned, diced tomatoes    |
| 1 tbsp extra-virgin olive oil | 16 oz tomato sauce              |
| 1 tsp oregano                 | 1 qt low-sodium vegetable broth |
| 1 large diced onion           | 8 cups water                    |
| 2 minced garlic cloves        |                                 |

Soak lentils in dish filled with water for 1 hour. Drain water. In a large pot, add oil, oregano, onion and garlic. Simmer for 5 minutes. Add tomatoes, tomato sauce, broth and water. Boil for several minutes. Add lentils and cook over medium heat for 1 hour. Season with salt and pepper. Makes 16 1-cup servings.



"I eat a lot of soups," Jenny McCarthy tells *Us*. "I'll make a bunch and freeze them."