

recipes

old-fashioned chicken soup

pictured at right

Prep 10 minutes not including broth

Cook 20 minutes

Makes about 7 cups or 4 main-dish servings

- 1 recipe Pressure-Cooker Chicken Broth (below) or 3 cans (14 to 14½ ounces each) chicken broth (5¼ cups)**
- 2 medium carrots, cut into ¼-inch pieces**
- 1 large stalk celery, cut into ¼-inch pieces**
- 2 cups bite-size pieces skinless cooked chicken (about 10 ounces)***
- 2 cups cooked medium egg noodles**
- 2 tablespoons chopped fresh dill**

1. In 3-quart saucepan, combine broth, carrots, and celery; heat to boiling over high heat. Reduce heat to low and simmer, uncovered, 15 minutes or until vegetables are tender.

2. Stir chicken, noodles, and dill into broth mixture in saucepan; heat through.

>> Each serving: About 260 calories, 26 g protein, 23 g carbohydrate, 6 g total fat (2 g saturated), 2 g fiber, 85 mg cholesterol, 885 mg sodium.

*Use chicken from Pressure-Cooker Chicken Broth recipe or store-bought rotisserie chicken.

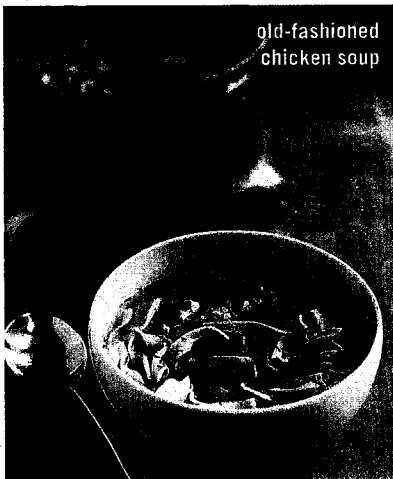
pressure-cooker chicken broth

Prep 15 minutes plus cooling

Cook 35 minutes

Makes about 5½ cups

- 3½ pounds chicken leg quarters**
- 2 medium carrots, cut into 2-inch pieces**
- 1 large stalk celery, cut into 2-inch pieces**
- 1 medium onion, unpeeled and cut into quarters**



- 1 bunch parsley stems**
- 1 large garlic clove, unpeeled, crushed with flat side of chef's knife**
- ½ teaspoon dried thyme**
- 1 small bay leaf**
- 4½ cups water**
- Salt**

1. In 6-quart pressure cooker, place chicken quarters, carrots, celery, onion, parsley stems, garlic, thyme, bay leaf, water, and 1¼ teaspoons salt.

2. Following manufacturer's directions, cover pressure cooker and bring up to high pressure. Reduce heat to obtain gentle, steady release of pressure. Cook 20 minutes, adjusting heat as necessary to maintain constant pressure during cooking.

3. Remove pressure cooker from heat. Follow manufacturer's directions for slow release of pressure (or quick release if you prefer).

4. Transfer chicken to plate. Strain broth and solids through colander into large bowl; press solids with spoon to release any liquid. Discard solids. Strain broth through sieve into another large bowl.

5. When chicken is cool enough to handle, remove meat from bones; refrigerate meat up to 3 days for Old-fashioned Chicken Soup or Mexican-Style Chicken Soup. (Or, freeze meat up to 3 months.) Discard skin and bones. Skim fat from broth (or refrigerate overnight to make skimming easier). Cover and refrigerate broth up to 3 days or freeze up to 3 months.

>> Each ¼ cup: About 5 calories, 1 g protein, 0 g carbohydrate, 0 g total fat, 0 g fiber, 0 mg cholesterol, 295 mg sodium.

Roman egg-drop soup

Prep 5 minutes not including broth

Cook 5 minutes

Makes about 5¼ cups or

6 accompaniment servings

- 1 recipe Pressure-Cooker Chicken Broth (left) or 3 cans (14 to 14½ ounces each) chicken broth (5¼ cups)**
- 2 large eggs**
- ¼ cup freshly grated Parmesan cheese plus additional for serving**
- Ground black pepper**
- 2 tablespoons finely chopped fresh parsley leaves**

1. In 3-quart saucepan, heat broth to boiling over high heat.

2. Meanwhile, in small bowl, with fork, beat eggs, ¼ cup Parmesan, and ⅛ teaspoon pepper.

3. When chicken broth is boiling, reduce heat to low. Gradually add egg mixture to broth, stirring with fork just until egg sets and forms ribbons. Remove saucepan from heat; stir in parsley. Serve with additional freshly grated Parmesan if you like.

>> Each serving: About 50 calories, 5 g protein, 0 g carbohydrate, 3 g total fat (1 g saturated), 0 g fiber, 73 mg cholesterol, 625 mg sodium. ▶