



# Cooking Light

## Heat Things Up with Vegetable Pot-Au-Feu

By Kelly Jameson Photography by Marty Snortum Studio

### Vegetable Pot-Au-Feu

From the Canyon Ranch Cookbook

- 3 cups Vegetable Consommé
- 12 peeled baby carrots or 3-inch carrot sticks
- 4 small, red new potatoes, sliced
- 1 celery stalk, sliced
- 12 small asparagus spears, 3 inches long
- 12 fresh or canned ears of baby corn
- 12 sugar snap pea pods or snow peas
- 12 green beans
- 4 medium shitake mushrooms, quartered
- 1 small leek, sliced
- 1 small red beet, julienned
- 12 red and yellow pepper rings

#### Garnish:

- ¼ cup chopped chives


1. Heat the vegetable consommé.
2. In a large pot, bring 1 quart of water to a boil. In collapsible steamer basket, arrange carrots, potatoes, celery, asparagus spears, and corn and steam for 3 minutes. Add pea pods, green beans and steam an additional 2 minutes. Remove from pan, set aside, and keep warm.
3. Place remaining vegetables in steamer basket and steam for 2 minutes.
4. Arrange all vegetables attractively in 4 large soup bowls. Ladle ¾ cup of vegetable consommé over vegetables, garnish with chives and serve.

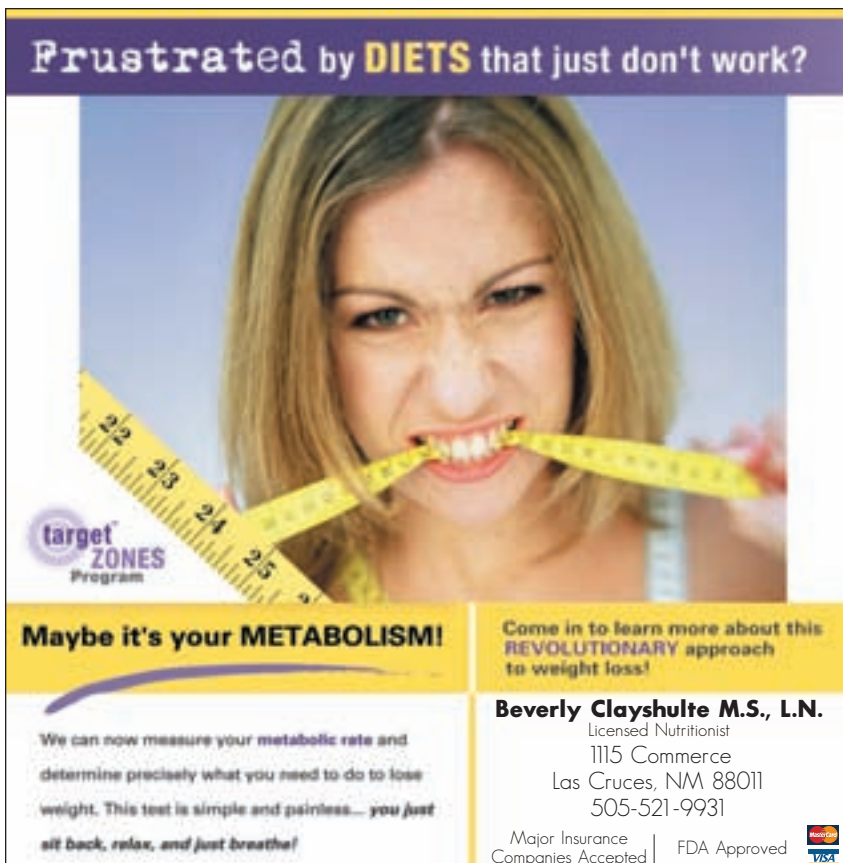
Makes 4 servings

#### NUTRITIONAL INFO

- 125 calories
- 27 grams carbohydrates
- 1 gram fat
- 0 mg. cholesterol
- 5 grams protein
- 36 mg. sodium

If you made it past the title to this article, you're more than likely wondering how to pronounce it. My best guess is poh-toh-FEUH, at least that's how James Beard would pronounce it! No matter how you say it, this summer soup is hearty, flavorful and good for you.

“Pot au feu” is a French cooking term that literally means “pot on fire”. In the kitchen, it refers to a French dish of meat (usually beef or chicken, with the addition of marrowbones, veal, pork, or mutton) and vegetables that are slowly cooked together in water or stock, traditionally in an earthenware pot. After simmering for several hours (some say 12 is best, if you're feeling overzealous) the rich broth is served with crisp croutons or pasta as an appetizer, followed by a main course of meat and vegetables. You can also keep it simple, and serve it altogether like shown. 



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