



Hints of cinnamon and nutmeg give this comforting soup extra warmth

Creamy carrot and sweet potato soup

Beef stew with blue cheese and chives

SERVES 8 (MAKES 3 QTS.) | 4 HOURS

Bacon, smoked paprika, and chipotle chile powder (from dried smoked jalapeños) add layers of flavor.

About 2 tbsp. vegetable oil

4 lbs. beef chuck, trimmed of excess fat and cut into 1½-in. pieces

4 slices hardwood-smoked bacon, chopped

2 large onions, cut into ½-in. wedges

About 1 tsp. salt

¼ cup flour

1 tbsp. sweet smoked Spanish paprika

1 tsp. chipotle chile powder

2 bottles (750 ml. each) dry red wine

2 lbs. russet or Yukon Gold potatoes, peeled and cut into large pieces

1 lb. carrots, cut into ¼- by 2-in. sticks

1 tbsp. butter

½ cup crumbled blue cheese

Pepper

¼ cup minced chives

1. Heat a 5- to 6-qt. ovenproof pan over medium-high heat. Add 1 tbsp. oil. When it's hot, brown a fifth to a quarter of beef at a time, turning meat and adding remaining oil as needed, about 5 minutes per side, and adjusting heat so meat sizzles but doesn't burn. Transfer meat to a bowl.

2. Preheat oven to 350°. Add bacon to pan and cook until fat renders and bacon starts to brown. With a slotted spoon, transfer

bacon to bowl with beef. Add onions to pan and stir in 1 tsp. salt. Cook, stirring, until onions begin to soften, about 2 minutes. Transfer onions to bowl with beef. Add flour to pan and cook, stirring, until it starts to turn golden, about 2 minutes. Add paprika and chipotle; cook, stirring, until fragrant, 30 seconds.

3. Add wine and increase heat to high. Scrape up any browned bits from bottom of pan. Add reserved beef, bacon, and onions. Bring mixture to a boil. Cover and bake until meat is tender, about 1½ hours.

4. Return pot to stove. Add potatoes and bring to a boil. Add carrots and return to a boil, then adjust heat to maintain a simmer. Cook, uncovered, until vegetables are tender, 30 minutes. Stir in butter and add salt to taste. Serve hot, topped with blue cheese, a few grinds of pepper, and chives. —MOLLY WATSON

Make ahead: Through step 3; freeze up to 3 months. Thaw, then continue, cooking potatoes and carrots about 15 minutes longer.

PER 1½-CUP SERVING 795 CAL., 40% (315 CAL.) FROM FAT; 51 G PROTEIN; 35 G FAT (13 G SAT.); 35 G CARBO (4 G FIBER); 766 MG SODIUM; 170 MG CHOL.

Creamy carrot and sweet potato soup

SERVES 5 OR 6 (MAKES 2 QTS.)

1¾ HOURS

Puréed vegetables lend a velvety texture with only a splash of half-and-half.

3 tbsp. butter, divided

1 cup chopped onion

¼ tsp. each cinnamon and nutmeg

4¾ cups peeled, cubed sweet potatoes (about 1½ lbs.)

3 cups reduced-sodium chicken broth

3 cups chopped carrots (about 1 lb.)

¼ cup half-and-half

½ tsp. salt

¼ tsp. pepper

½ cup sour cream

2 tbsp. chopped flat-leaf parsley

1. Melt 1 tbsp. butter in a 5- to 6-qt. pan over medium heat. Add onion and cook until tender, about 4 minutes, stirring occasionally. Add cinnamon and nutmeg and cook, stirring, 1 minute. Move onion mixture to side of pan and add remaining 2 tbsp. butter to open space. Increase heat to medium-high and cook until butter begins to brown, about 1 minute. Add sweet potatoes, 3½ cups water, the broth, and carrots. Cover pan, bring to a boil, then reduce heat and simmer until vegetables are tender, about 35 minutes.

2. Purée half of soup at a time in a blender with center piece of blender lid removed to allow steam to escape and a towel draped over lid opening to avoid splatters. Pour soup into a large bowl and stir in half-and-half, salt, and pepper. Ladle into bowls and top with sour cream and parsley.

—MAUREEN CALLAHAN

Make ahead: Freeze up to 3 months.

PER 1½-CUP SERVING 254 CAL., 37% (94 CAL.) FROM FAT; 7 G PROTEIN; 11 G FAT (6.4 G SAT.); 35 G CARBO (6.2 G FIBER); 894 MG SODIUM; 28 MG CHOL.

Vegetable minestrone

SERVES 10 (MAKES ABOUT 3 QTS.)

1 HOUR

This recipe uses the Italian trick of cooking a bit of parmesan rind in the soup for extra flavor. It's flexible too; add whatever vegetables come from your garden this fall.

1 bunch Swiss chard

4 medium tomatoes

2 cans (14.5 oz. each) cannellini (white) beans, rinsed and drained, divided

2 tbsp. olive oil

4 garlic cloves, minced

2 medium carrots, cut into ¼-in. dice

2 medium zucchini, quartered lengthwise and cut into ¼-in. pieces