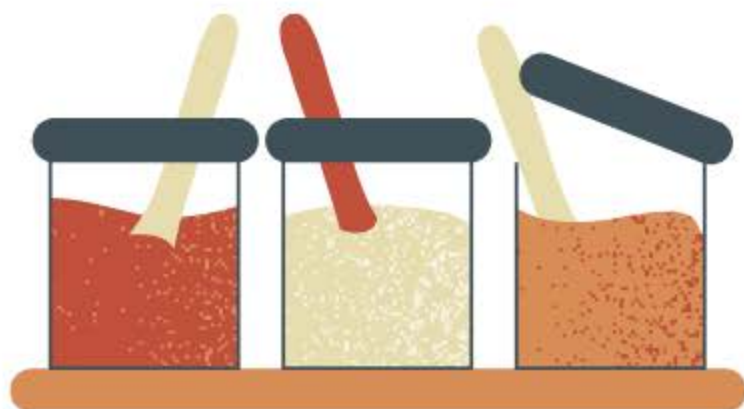


SPICE OF THE MONTH CLUB:
DILL

CHICKEN DILL SOUP

SERVINGS: 16
TOTAL TIME: 65 MINS



INGREDIENTS

- 1 ½ pounds skinless, boneless chicken breast halves, cut into 1-inch pieces
- 2 tbsp vegetable oil
- 3 32 ounce cartons chicken broth
- ¾ cup uncooked brown rice
- 3 cups chopped, peeled sweet potatoes (1 pound)
- 1 ½ cups thinly sliced carrots
- 1 cup frozen cut green beans
- 1 cup chopped green onions
- 1 ½ tbsp dried dill weed
- Salt
- Black pepper

DIRECTIONS

1. In a stock pot or 6- to 8-quart Dutch oven cook chicken in hot oil over medium heat until browned. Remove from pot; set aside.
2. Add chicken broth to pot; bring to boiling. Add rice. Reduce heat; simmer, covered, 20 minutes. Add chicken, sweet potatoes, carrots, and green beans. Simmer, covered, 15 minutes.
3. Add green onions and dill weed. Simmer, covered, 5 minutes more or until vegetables and rice are tender. Season to taste with salt and pepper.

HISTORY OF DILL WEED



Dill immediately brings to mind dill pickles and potato salad today, but it has had a place for centuries in cuisines throughout Europe and Asia. Dill leaves are known as the dill weed herb, while dill seed is used as a spice. Fresh dill is in season in spring and early summer, but it is often grown in greenhouses so it is available year-round.

The dill plant (*Anethum graveolens*) provides feathery green leaves for the dill weed herb, while the flat, oval fruits make the dill seed spice. It's an annual herb related to celery that tends to re-plant itself and spread widely, which is good to know if you're considering planting it in your garden. Dill seeds are used in seasoning, such as in pickles. Like chervil, dill weed is delicate and works particularly well with eggs or in salads.

You will find dried dill weed sold in the spice section of the supermarket, but the flavor is a pale substitute for fresh dill weed. If that is all you can source, use more of the dried herb to get dill flavor in your recipe. Dill seed will also be sold in dried form and that is acceptable for all uses for the seeds.

Dill tastes grassy with a bit of anise-like licorice flavor. Be aware that once the weather turns hot, dill plants flower or "bolt." This bolting changes the flavor of the leaves, making them less aromatic and more bitter. Dill seed tastes like a mild version of caraway.