

7 Steps to Creating a Soup

A steaming bowl of soup is a hearty, healthful meal. You can use food from your pantry, freezer or leftovers from your refrigerator to make a tasty soup in about 30 minutes following these easy steps. Each pot of soup serves about four adults. The nutritional value varies depending on the ingredients you choose.



1. Choose one fat.

- 2 Tablespoons canola, sunflower, olive, vegetable (soy) or other oil OR 2 Tablespoons butter OR 2 Tablespoons margarine
- Heat in large pot on stove

2. Rinse and chop one medium onion.

- Add to pot and cook over medium heat until tender.

3. Choose one broth. Add to pot.

- 2 (16-ounce) cans chicken, beef or vegetable broth
- 4 cups water plus chicken, beef or vegetable bouillon or soup base prepared according to manufacturer's directions
- 1 (16-ounce) can crushed or diced tomatoes and 3 cups water
- 4 cups milk and chicken bouillon or soup base prepared according to manufacturer's directions

4. Choose one protein. Add to pot.

- 1 pound cooked (or leftover) chopped/diced beef, chicken, ham, lean sausage, firm tofu, etc.
- 1 (16-ounce) can beef, chicken, ham
- 1 (16-ounce) can beans (pinto, kidney, navy, black, etc.), drained and rinsed

5. Choose one starch. Add to pot.

- 3 to 4 cups diced potatoes
- 4 ounces egg noodles, macaroni, pasta (or 1½ cups leftover cooked noodles)
- ½ cup uncooked rice (or 1½ cups leftover cooked rice)

6. Choose a mixture of 2 to 3 cups chopped vegetables (fresh, frozen or canned).

Add to pot.

Broccoli	Corn
Cabbage	Edamame
Carrots	Green pepper
Cauliflower	Green beans
Celery	Mushrooms
Cooked or canned	Peas
beans, such as kidney,	Squash
pinto or black beans	Zucchini

7. Choose one or more seasonings, add to pot and simmer 20 to 25 minutes or until vegetables are tender.

- 1 to 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)
- Bay leaf (remove before serving)
- Minced garlic
- 1 to 2 Tablespoons fresh herbs (add five minutes before serving)

Menu idea:

Black bean and corn soup, whole-grain bread or crackers, sliced apples and low-fat or fat-free milk

A few ideas:

Chicken and rice soup: Combine onion, celery, carrots, chicken, rice, chicken broth, rosemary, parsley and garlic.

Beef and vegetable soup: Combine leftover roast beef or browned ground beef, onion, potatoes, carrots, celery, crushed tomatoes, beef broth, oregano, basil, parsley and bay leaf.

Black bean and corn soup: Combine onion, green pepper, corn, green chilies, canned black beans (drained and rinsed), rice, crushed tomatoes, chicken broth, oregano, cumin, chili powder, cilantro and garlic.

Cream of broccoli or potato soup: Combine onion, broccoli or potato, celery, cheese, milk, chicken bouillon and garlic. Mash or blend together.

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