

Soup Saves Money

- ◇ Helps to stretch the food dollar by using perfectly good leftover foods in a new tasty dish.

Have you thrown out a bone from a pork or beef roast which had a little meat on it? How about the green beans, corn, or peas that weren't eaten at dinner last night? Now you can put those leftovers or "planned overs" to good use.

Soup Can Be Part of a Healthy Diet

Use the ChooseMyPlate.gov to build a health diet.

- ◇ Ingredients for soup can include foods from several of the food groups.
- ◇ Soups can provide high quality protein, fiber, and vitamins needed for good health.
- ◇ Homemade soups can be lower in salt than canned soups if we use herbs for flavoring instead of salt.



Soup Warm & Nutritious



**No food seems to comfort
a person like a steaming
bowl of soup.**



Extension
UNIVERSITY OF WISCONSIN-MADISON



Extension
UNIVERSITY OF WISCONSIN-MADISON

Nutrition Education Program

Extension Dunn County
3001 US Hwy 12 E, Suite 216
Menomonie WI 54751
(715) 232-1636

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program – EFNEP.

An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>
& <https://spendsmart.extension.iastate.edu/recipes/>

Plan Ahead for Making Soup

- ◇ Freeze leftover cooked vegetables and liquid from cooked vegetables.
- ◇ Freeze leftover cooked meat to use in soup.
- ◇ When ready to make soup, add leftover frozen cooked meat and seasonings to cooked vegetables and liquid.
- ◇ Make a broth for soup from beef, pork, ham, chicken or turkey bones.

How to Make Soup Broth

1. Place bones and meat pieces in a large pot and cover with water.
2. Bring to a boil; simmer for 3 hours.
3. Throw bones away, remove celery leaves, and refrigerate broth and meat.
4. When broth is cold, skim fat off the top and throw fat away.
5. Freeze broth if not using within 3 days.
6. Use in recipes which call for meat broth.



Herbs Add Flavor

- ◇ Basil
- ◇ Bay leaf
- ◇ Parsley
- ◇ Rosemary
- ◇ Thyme
- ◇ Herb Shaker: 1 teaspoon each of rosemary and thyme, 2 teaspoons each of sage and sweet basil, and 1½ teaspoons of marjoram. Use instead of salt.



Soup-er Ideas . . . Be Creative!

- ◇ A cup of soup makes a delicious, nutritious snack.
- ◇ A cup or bowl of soup plus a sandwich or salad makes a light meal.
- ◇ In a hurry? Use your favorite condensed soup. Add extra frozen or canned vegetables and leftover cooked meat or cooked dry beans.
- ◇ Make Soup Toppers - sprinkle with:
 - homemade croutons
 - grated carrots or cheese
 - popcorn
 - fresh or dried herbs



Keeping Soup Safe

- ◇ If you won't be eating the soup right after you have prepared it or you have leftover soup, chill by setting pan of hot soup in a sink filled with ice and water. Stir often until soup stops steaming.
- ◇ Put soup in smaller containers and store in refrigerator right away. Use within 3-4 days.
- ◇ Freeze soup for longer storage. Leave 1/2" space at top of container.
- ◇ Thaw frozen soups in the refrigerator or microwave. Do not thaw on the kitchen counter.
- ◇ To reheat soup, cook over low heat to a boil to reach 165 degrees. Add water if the soup is too thick.

Menu Idea
 Chicken Noodle Soup
 Toast
 Carrot & Celery Sticks
 Grapes
 Low fat Milk

Chicken Noodle Soup (8 servings)

*Per serving: 150 calories,
7 grams of fat*

3 lbs chicken pieces
 6 cups hot water, divided
 2 large stalks celery, thin sliced
 1 cup medium-sized carrots,
 thin sliced
 ½ teaspoon dried basil
 ¼ teaspoon parsley (optional)
 ¼ teaspoon pepper
 1 teaspoon salt (optional)
 ½ cup thin egg noodles

1. In a 5-quart casserole, combine chicken, 4 cups hot water, celery, carrots, basil, parsley, pepper and salt.
2. Microwave at high 30-40 minutes, until chicken falls easily from the bone, stirring twice during cooking.
3. Remove chicken from bones. Discard bones and skin. Dice meat and return to casserole. Add 2 cups hot water and noodles. Cover.
4. Microwave at high 8-10 minutes, or until water boils. Then microwave at high 7-10 minutes, or until noodles are tender.

Menu Idea
 Creamy Potato Soup
 Corn Bread
 Salad
 Baked Apple
 Low fat Milk

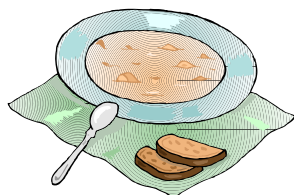
Creamy Potato Soup (4 servings)

*Per serving: 211 calories,
6 grams of fat*

3 raw potatoes, diced
 ¼ cup shredded carrots
 ¼ cup chopped celery
 ¼ cup chopped onion
 1 Tablespoon butter
 3 cups low-fat milk
 Salt and pepper

1. Put potatoes, carrots, celery, and onions in a pot with just enough water cover. Cook until tender.
2. Add butter and milk and heat until very hot (but not to boiling)
3. Add salt and pepper or other seasonings to taste.

Variation: For thicker soup, add instant mashed potato flakes.



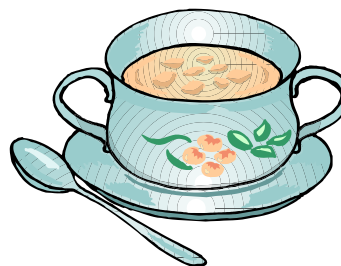
Menu Idea
 Hearty Vegetable Beef Soup
 Peach Half filled with low-fat
 Cottage Cheese
 Dinner Roll
 Low fat Milk

Hearty Vegetable Beef Soup

*(4 servings)
 Per serving: 234 calories,
8 grams of fat*

2 cups broth
 2 cups mixed vegetables
 1 can (16oz.) tomatoes, cut up
 1 cup cooked beef, diced
 1 teaspoon salt
 Dash pepper
 1 bay leaf
 2oz. (about 1¼ cups) noodles
 or macaroni, uncooked

1. Heat broth.
2. Add vegetables, meat, and seasonings.
3. Bring to boil, reduce heat, and boil gently, uncovered, for 15 minutes.
4. Add noodles. Cook 10 minutes or until noodles are tender.
5. Remove bay leaf and serve.



Menu Idea
 Split Pea Soup
 Whole Wheat Crackers
 Raw Vegetables with Dip
 Fresh Banana
 Low fat Milk

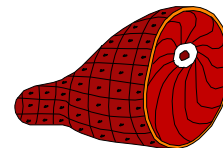
Split Pea Soup (6 servings)

*Per serving: 229 calories,
6 grams of fat*

1 large onion
 3 Tablespoons butter or
 margarine
 1½ cups dry split peas
 6 cups water
 1½ teaspoons salt
 ½ cup slices or grated raw
 carrot (optional)

1. Chop onion. Cook in butter in large pan until tender.
2. Wash and drain split peas.
3. Add remaining ingredients. Bring to a boil.
4. Lower heat and cover pan. Simmer about 2 hours, until thickened.

Note: Cook a ham bone of pieces of ham in the soup if you like. Leftover cooked potatoes and/or other cooked vegetables can also be added after the soup is cooked.



Menu Idea
Turkey Chili
Saltine Crackers
Peaches
Low fat Milk

Turkey Chili (4 servings)

*Per serving: 540 calories,
26 grams of fat*

- 1 pound ground turkey
 - $\frac{3}{4}$ cup onion, minced
 - 2 Tablespoons margarine
 - 3 cups water
 - $\frac{1}{2}$ teaspoon garlic powder
 - 1 Tablespoon chili powder
 - 1 Tablespoon dry parsley flakes
 - 1 teaspoon paprika
 - 2 teaspoons dry mustard
 - 1 can (15 $\frac{1}{2}$ oz.) red kidney beans, drained
 - 1 can (6 oz.) tomato paste
 - $\frac{1}{2}$ cup pearl barley
 - $\frac{3}{4}$ cup cheddar cheese, shredded
1. In large sauce pan, cook turkey and onions in margarine until turkey is browned and no longer pink in color, about 9 minutes. Drain; return turkey and onion to pan.
 2. Add remaining ingredients except the cheese to turkey mixture; bring to boil, stirring frequently. Cover, reduce heat, and simmer 30 minutes, stirring occasionally.

Menu Idea
Chili
French Bread
Pears
Low fat Milk

Chili (10 servings)

*Per serving: 230 calories,
9 grams of fat*

- $\frac{1}{2}$ cup onion, chopped
 - 1 pound ground beef
 - 1 to 2 Tablespoons chili powder
 - $\frac{1}{2}$ teaspoon pepper
 - 1 can (16 oz.) or 2 cups tomatoes
 - 2 cans (8 oz.) tomato sauce
 - 2 cans (15 oz.) kidney beans (do not drain beans)
1. Brown ground beef and onion in large frying pan. Drain fat. Place in large soup pot or kettle.
 2. Add remaining ingredients and simmer for 15 to 20 minutes, until very hot.
 3. Place extra chili in small, shallow containers and refrigerate right away to use in a day or two.



Menu Idea
Oven Stew
Bread Stick
Plums
Low fat Milk

Oven Stew (8 servings)

*Per serving: 312 calories,
15 grams of fat*

- 1 $\frac{1}{2}$ pounds meat (like beef, venison or lamb) cut in 1-inch chunks
 - 1 teaspoon salt
 - $\frac{1}{4}$ teaspoon pepper
 - 1 cup (8oz can) tomato sauce
 - 2 medium onions, coarsely chopped
 - 3 stalks celery cut into diagonal pieces
 - 4 medium carrots cut into 1-inch chunks
 - 2 medium potatoes cut into 1-inch chunks
 - 1 cup frozen peas (optional)
1. Combine all ingredients except potatoes and peas in 2 $\frac{1}{2}$ -quart casserole.
 2. Cover, and bake in 300° oven for 2 $\frac{1}{2}$ hours.
 3. Mix potatoes and peas into stew, bake uncovered 1 hour longer. Stir occasionally.



Menu Idea
Hamburger Soup
Whole Wheat Toast
Orange Slices
Low fat Milk



Hamburger Soup (5 servings)

*Per serving: 392 calories,
17 grams of fat*

- 1 pound ground beef
 - 2 cups potatoes, diced
 - 1 cup carrots, sliced
 - 1 cup onion, chopped
 - 1 cup celery, chopped
 - 1 can (46oz) tomato juice
 - 2 cups water
 - Salt and pepper, to taste
1. Brown ground beef, drain off fat.
 2. Combine meat, vegetables, tomato juice, and water in large kettle.
 3. Simmer for 1 $\frac{1}{4}$ hours or until vegetables are tender.