



Sacks of Snacks



Offering a hand up, not a hand out
January 5, 2024

Welcome to this week's *Sacks of Snacks*. Welcome to 2024! January is National Soup Month, so I am sharing a recipe that can be prepared on the stove or in a crockpot. The recipe is easy on the pocketbook and full of nutritional value as it contains lean proteins and vegetables. This is a great recipe to have your child to help prepare. What kind of soup do you like? What do you serve with soup? Send me an email at mparcell@purdue.edu to answer these questions. I hope that you and your family enjoy this soup this January! If you want to know more about soups, Aurora Public Library is hosting a soup program on February 20th at 6 PM. If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

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Extension - Nutrition
Education Program

Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

2 BENEFITS OF SOUP

- **Weight Loss Benefits.** The fluid content in the soup binds with the other ingredients to slow down gastric emptying, keeping our stomach fuller for longer. One study at Pennsylvania State University showed that participants who had a low calorie (150 calorie average), broth-based soup before a meal consumed 20% fewer calories. The research showed similar results for pureed soups and those with whole foods in them, which contain easy to digest fiber that keeps us full.
- **Cold Fighting Powers.** Soup really does play a role in fighting off a cold! 'Our Favorite Chicken Noodle Soup', Spend Smart Eat Smart recipe, will help get you on the road to recovery. The hot broth can clear congestion and ease a sore throat. Plus, it provides fluids and electrolytes our body needs, especially during illness. The chicken provides protein while the vegetables and whole-grain noodles provide vitamins and minerals that boost our immune system.

Resources: WebMD-Soup First Cuts Calories, <https://www.webmd.com/diet/news/20070501/soup-first-cuts-calories-later> and WebMD-Does Chicken Soup Help Fight Colds?, <https://www.webmd.com/cold-and-flu/qa/does-chicken-soup-help-fight-colds>

SEVEN CAN CHICKEN TORTILLA SOUP

This recipes could not be easier! Dump all the ingredients together in a pot and let it simmer. Substitute the canned chicken for a rotisserie chicken or leftover cooked chicken from another meal.

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| 1 (15 ounce) can black beans, drained & rinsed | 1 teaspoon cumin |
| 1 (15 ounce) can pinto beans, drained & rinsed | 1 teaspoon chili powder |
| 1 (14.5 ounce) can diced tomatoes, drained | 1 teaspoon garlic powder |
| 1 (15 ounce) can sweet corn, drained | ¼ teaspoon ground black pepper |
| 1 (12.5 ounce) can chicken breast, drained | Shredded cheddar cheese, optional topping |
| 1 (10 ounce) can green enchilada sauce | Sour cream, optional topping |
| 1 (14 ounce) can chicken broth | Diced avocados, optional topping |
| 1 (1.25 ounce) packet taco seasoning | Tortilla chips, optional topping |



Add all ingredients into a large stock pot. Bring to a boil, then let simmer on low for 30 minutes. You can also cook this in your slow cooker on low heat for 2-3 hours.

Serve with shredded cheese, sour cream, diced avocados and tortilla chips.

Source: Six Sisters Stuff, <https://www.sixsistersstuff.com/recipe/seven-can-chicken-tortilla-soup/>

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