

Soup Cooking with Marcia

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SOUPS ON!!

Soups are versatile because of all the different flavors and ingredients that can be added. They are also easy because soup can cook in a crockpot or simmer on the stove. To make your soups go even further, double or triple the recipe and freeze leftovers for a later date.

To make your soups lighter and full of nutrients try some of these tips:

- Buy broths and canned vegetables that are low-sodium or have no added salt.
- Rinse your canned beans.
- Swap out the heavy cream for non-fat, low fat, or non-dairy milk.
- Puree or blend your vegetables. (This will help with the creaminess of the soup, if you swap out the cream or milk.)
- Add whole grain noodles, brown rice, bulgur, or quinoa to make soup heartier.
- Use lentils in place of meat.

Source: North Carolina Cooperative Extension written by Meghan Lassiter and updated by Lynn Raynor "National Soup Month" Retrieved 12/22/21

Burrito Soup

Servings: 10

<ul style="list-style-type: none"> • 1 cup chopped onion • 1 cup chopped zucchini • 1 tablespoon vegetable oil • 1 can (15.5 ounces) refried beans • 1 can (28 ounces) diced tomatoes, with juice 	<ul style="list-style-type: none"> • 1 can (28 ounces) crushed tomatoes, with juice • 2 cans (15.5 ounces) corn, drained and rinsed • 1 can (15.5 ounces) black beans, drained and rinsed • 2 tablespoons taco seasoning
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Sauté onion and zucchini in oil until soft. Add refried beans and stir to break up beans. Add tomatoes, corn, black beans and taco seasoning. Simmer over medium heat for about 30 minutes, stirring occasionally. Refrigerate leftovers within 2 hours or freeze for another meal.

Tip: Cook your own dry beans. One can (15 ounces) is about 1 ½ to 1 ¾ cups drained beans. The more vegetables you add, the more nutrients! Try adding some of your favorites.

Source: Purdue University Extension—Nutrition Education Program

Quick Vegetable Soup

Servings: 4

<ul style="list-style-type: none"> • 1 can (10.75 ounces) condensed tomato soup • 1 can (15 ounces) mixed vegetables, drained 	<ul style="list-style-type: none"> • 1 cup canned chicken, drained and cut into pieces • Water
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Combine soup, vegetables and chicken in medium saucepan. If too thick, add water for desired consistency. Cook over medium heat until warm.

Source: University of Illinois Extension

Beef Barley Soup

Servings: 14 cups

- 1-pound lean ground beef (15% fat or less)
- 1 large carrot, diced, about 1 cup
- 1 small onion, diced, about 1 cup
- 2 stalks celery, diced, about 1 cup
- 2 cloves garlic, finely chopped or $\frac{1}{2}$ teaspoon garlic powder
- 8 cups water
- 2 teaspoons beef bouillon
- 1 can (14.5 ounce) diced tomatoes with juice
- 1 cup uncooked barley
- $\frac{1}{2}$ teaspoon pepper

In large sauce pot, cook ground beef over medium heat. Drain fat. Add carrots, onion, celery, and garlic; stir often and cook for about 5 minutes. Add 8 cups of water, bouillon, tomatoes with juice, barley, and pepper. Bring to a boil. Cover and reduce heat to a low boil. Cook for about 30 minutes or until barley is as tender as you like it. Serve immediately. Refrigerate leftovers within 2 hours.

Looking for a twist? Add 1 cup sliced mushrooms with tomatoes. Add 1 cup chopped kale or other greens with tomatoes.

Source: Purdue University Extension-Nutrition Education Program



Slow Cooker Lentil Soup

Servings: 6

- 6 cups water
- $\frac{1}{4}$ cup parsley, chopped fresh, or 2 tablespoons dried parsley, optional
- 2 teaspoons beef bouillon or 2 cubes beef bouillon
- 1 $\frac{1}{2}$ cups lentils, dry
- 2 medium carrots, sliced
- 1 medium onion, chopped
- 2 celery stalks, sliced

Mix all ingredients together in slow cooker. Cook on LOW for 8-10 hours or HIGH for 4-5 hours. Serve hot with crackers or bread.

Tip: If you have leftover holiday ham, toss chunks of it into this soup as you heat it.

Source: Montana State University Extension Service.

Butternut Squash, Pumpkin and Apple Soup

Servings: 12

- 1 lb. peeled & cubed butternut squash (about 4 heaping cups)
- 1 yellow onion, finely chopped
- 1 medium apple, cored & roughly chopped (such as Honeycrisp or Gala)
- 2 Tbsp. olive oil, canola oil or favorite oil
- 1 tsp. pumpkin pie spice (to taste preference)
- 1 tsp. grated fresh ginger or $\frac{1}{4}$ tsp. ground ginger
- 1 tsp. salt
- 1 (14.5 oz) can pumpkin puree
- 4 cups low-sodium vegetable broth

Cube butternut squash, onions and apple. Lightly coat them with oil then roast in oven for 8-10 minutes. Stir in pumpkin pie spice, ginger and salt; cook 1 minute. Add pumpkin puree and broth; stir well to combine. Bring the soup to a boil, reduce heat, simmer, covered, for 30 minutes. Squash should be fork-tender. Carefully transfer soup to a blender using a ladle, or use an immersion blender. (If blender isn't large enough to hold the entire batch of soup, blend in two separate batches.) Secure lid on blender. Remove center piece of blender lid and place a clean kitchen towel over the opening to avoid splatters. Process soup until smooth, about 45 to 60 seconds. Divide soup evenly among bowls and top with garnishes of choice.

Croutons (prepare while soup simmers):

1 loaf sourdough or plain sandwich bread

Preheat oven to 400 F. Cut bread into 1-inch squares and coat lightly with oil. Place on sheet tray and bake until golden brown (5-7 minutes). Top soup with croutons.

Optional toppings: sour cream, pumpkin seeds, chopped pecans, fresh herbs (rosemary, thyme, sage or basil)

Source: www.ag.ndsu.edu/food

Turkey or Chicken Soup

Yield: 2 servings

- 1 cup chopped, cooked turkey or chicken
- dash of pepper
- 1/4 chopped onion
- 1/4 cup chopped celery
- 2 thinly chopped carrots
- 1/4 teaspoon thyme
- 2 cups low sodium chicken broth
- 1 cup cooked pasta (such as bowtie, shells, macaroni, etc.) OR 1 cup cooked rice

Add all ingredients, except pasta or rice to pan. Bring to a boil, reduce heat to a simmer and cook covered until vegetables are tender crisp, about 10 to 15 minutes. Add cooked pasta or cooked rice and cook a few more minutes until pasta or rice is heated.

Italian White Bean Soup

Makes 4 servings

Part of the beans and liquid in this soup is pureed to make a thicker, creamy texture.

- 2 (14.5-ounce) cans white kidney beans (cannellini) or Great Northern beans, drained and rinsed; OR 3 cups cooked dry beans
- 4 cups non-fat, reduced sodium chicken broth, divided
- 1/2 cup chopped onion
- 3 cloves garlic, minced
- 1 (16-ounce) can diced tomatoes with no salt, undrained; OR 4 to 6 fresh plum tomatoes, peeled and chopped
- 2 teaspoons dried basil
- 1-1/4 teaspoons dried thyme leaves
- 1/8 teaspoon pepper

Combine one can of beans with two cups of the broth in a blender or food processor and blend until a smooth puree. Transfer to a large saucepan. Stir in remaining ingredients. Bring to a boil over high heat, then reduce heat and simmer, covered, about 10 to 15 minutes, or until beans and tomatoes reach desired tenderness.

Source: Courtesy of American Institute for Cancer Research; adapted slightly.

Nutritional Facts/serving: 203 calories; 1g total fat (<1g saturated fat); 37g carbohydrate; 12g protein; 10g dietary fiber; 744mg sodium.

Alice's Notes: Use a canned bean without added salt or cook your own without salt to lower the sodium content of this recipe.

Easy As 1, 2, 3 Meatless Chili

- 1 (15.5oz) can low-sodium kidney beans, undrained
- 1 (15oz) can corn, drained
- 1 (15oz) can crushed tomatoes, undrained
- Chili powder to taste

Add into a pan beans, corn, tomatoes, and chili powder. Stir to mix. Heat thoroughly over medium heat then serve.



Six Can Chicken Tortilla Soup (Slow Cooker Variation)

Yield: 6 servings

- 1 (15oz) can corn, drained
- 2 (14.5oz) cans chicken broth, low sodium
- 1 (10oz) can chicken, drained
- 1 (15oz) can black beans, drained and rinsed
- 1 (10oz) can diced tomatoes with green chilies, drained
- 6 ounces tortilla chips
- 3 ounces low-fat Cheddar cheese, shredded

In a large saucepan, combine corn, chicken broth, chicken, black beans, and tomatoes. Bring to a boil. Cover, reduce heat, and simmer until heated through. Serve over tortilla chips and top with a little cheese.

Source: UNL Food

Take the canned ingredients and put them in the slow cooker. Put the lid on, and cook on low 2-3 hours. You can cook it longer if you need to.

The soup can be made into a freezer meal very easily! You just have to dump all the ingredients into a freezer zip lock bag and freeze it! The night before you are ready to cook it, put it in your fridge so it will thaw.

Slow Cooker Vegetable Minestrone

- 4 cups chicken broth (or beef)
- 4 cups tomato juice
- 1 tablespoon dried basil leaves
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon dried oregano leaves
- $\frac{1}{4}$ teaspoon pepper
- 2 medium carrots (1 cup)
- 2 medium stalks celery (1 cup)
- 1 cup sliced fresh mushrooms (3oz.)
- 2 cloves garlic, chopped
- 1 can (28oz) diced tomatoes
- $1 \frac{1}{2}$ cup uncooked rotini pasta
- 1 cup frozen green beans
- Shredded Parmesan cheese
- Add hamburger or steak, optional

Mix all ingredients except pasta and cheese in 4-to-5-quart slow cooker. Cover and cook for 7 to 8 hours on low. Stir in pasta, cover and cook on high heat 15 to 20 minutes until tender.

Note: Instead of canned tomatoes, use fresh with Italian seasoning.

Easy Tortellini Soup

Servings: 6-1 $\frac{1}{2}$ cups

Tender spinach and carrots team with cheese tortellini in this Italian-inspired soup. Serve it piping hot for a quick and hearty supper.

- $\frac{1}{2}$ pound ground turkey or ground chicken
- 1 cup chopped carrots
- $\frac{1}{2}$ cup chopped onion
- 3 tablespoons tomato paste
- 1 carton (4 cups) reduced-sodium chicken broth
- 1 can (14.5oz) diced tomatoes with basil, garlic and oregano
- $\frac{1}{4}$ teaspoon pepper
- 2 $\frac{1}{2}$ cups (or $\frac{1}{2}$ of 20oz. pkg) refrigerated cheese-filled tortellini
- 2 cups baby spinach leaves or chopped zucchini

In large saucepan, cook ground turkey or chicken, carrots and onion over medium heat until the meat is no longer pink, stirring frequently to break meat into bite-sized pieces. Drain off any fat, carefully keeping meat and vegetables in saucepan and pouring off any liquid. Stir tomato paste into meat mixture. Cook and stir for 1 minute. Stir broth, undrained tomatoes and pepper into mixture in saucepan. Bring to boiling over high heat. Stir in tortellini. Return to boiling. Reduce heat slightly. Gently boil, uncovered, for 7 to 9 minutes or until tortellini is nearly tender. Stir in spinach leaves or zucchini. Ladle into 6 serving bowls.

Prep Tip: If you don't have diced tomatoes with basil, garlic and oregano, substitute one can (14.5oz) diced tomatoes plus $\frac{1}{2}$ teaspoon dried basil (or oregano leaves) and $\frac{1}{4}$ teaspoon garlic powder.

For a change of pace: Sprinkle each serving with a little grated Parmesan cheese before serving.

Mom's Potato Soup

- 1 average size potato per person, diced and pared
- Cut celery leaves and stalk
- Teaspoon butter
- Salt and pepper to taste
- Diced onion
- Water
- Egg (Whisk before adding to mashed potatoes.)

Pare and dice potatoes into 2-quart pan. Add celery and diced onion. Cover potatoes completely with water. Cook until potatoes are tender. Mash with potato masher. Add one well mixed egg. Let come back to boil. Serve.

Vegetable Soup with Quinoa

Serves: 4 (1 ¾ cups each)

- 1/2 cup uncooked quinoa
- 1 cup water
- Cooking spray
- 1 cup diced onion
- 1 garlic clove, minced
- 1 cup diced zucchini
- 1 cup chopped carrot
- 1 cup diced yellow squash
- 1 cup (1/4 inch) cut green beans
- ¾ cup chopped celery
- 2 (16 oz) cans fat free reduced sodium chicken broth
- 1 (14.5 oz) can no salt added diced tomatoes, undrained or two cups chopped fresh tomato
- ¾ teaspoon dried Italian seasoning
- 1 bay leaf
- 1 cup thinly sliced spinach leaves
- 1 ½ teaspoon hot sauce

Place quinoa in a fine sieve; rinse under cold water. Combine quinoa and 1 cup water in a medium saucepan; bring to a boil. Cover, reduce the heat, and simmer for 15 minutes or until the water is absorbed. Fluff with a fork; set aside. Coat a large pot with cooking spray; place over medium-high heat until hot. Add onion and garlic. Sauté for three minutes. Add zucchini and the next nine ingredients (through bay leaf). Bring to a boil. Reduce heat and simmer, uncovered for 30 minutes or until vegetables are tender. Discard the bay leaf. At this point you may place three cups of the soup in a blender and process until smooth. Alternatively, you can use a handheld immersion blender to puree three cups of the soup. Return the pureed soup to the pot; stir in the quinoa, spinach and hot sauce. Cook over medium heat until the soup is thoroughly heated.

You may skip the puree step and simply, after step two, stir in the quinoa, spinach and hot sauce. Cook the soup over medium heat until it is thoroughly heated.

Source: extension.msu.edu

Chunky Tomato Basil Soup

Servings: 6

1 tablespoon olive oil	2 (14.5oz) cans no salt added diced tomatoes, drained
1 onion, chopped	1 teaspoon dried basil, crumbled
2 ribs celery, chopped	3 cups reduced sodium chicken broth
1 carrot, chopped	8 fresh basil leaves, julienned
3 garlic cloves, minced	salt and black pepper to taste

In a large saucepan over medium-high heat, add oil and sauté onion, celery, and carrots until tender, about 5 minutes. Add garlic and cook another minute. Add the diced tomatoes, dried basil and chicken broth and bring to a boil. Reduce heat to low and simmer for 15 minutes or until vegetables are soft. Ladle into bowls and garnish with fresh julienned basil. Serve hot. Refrigerate any leftovers.