



Sacks of Snacks



Offering a hand up, not a hand out
January 19, 2024

Welcome to this week's *Sacks of Snacks*. January is National Soup Month. With the frigid weather, I felt soup was the best topic for cooking with your family. I am also preparing for Sensational Soup at the Aurora Public Library. You can enter your soup recipe by January 31st. Then, February 20th, you can test the soups that have been entered, receive the recipes, and gain more knowledge about the benefits of soup. I love soup, especially on cold days. I hope that you have a soup meal with your family soon. If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

Marcia Parcell, Health and Human Sciences Educator, Purdue Extension – Dearborn County



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!

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:

1. Buy broths and canned vegetables that are low-sodium or have no added salt.
2. Rinse your canned beans.
3. Swap out the heavy cream for non-fat, low fat, or non-dairy milk.
4. Puree or blend your vegetables. (This will help with the creaminess of the soup, if you swap out the cream or milk.)
5. Add whole grain noodles, brown rice, bulgur, or quinoa to make soup heartier.
6. 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

QUICK GARBANZO BEAN SOUP

- | | |
|--|--|
| ½ onion (about ½ cup) | ¾ cup sliced carrots (about 12-15 baby carrots) |
| 3 garlic cloves or ½ teaspoon garlic powder | 1 teaspoon Italian seasoning |
| 2 teaspoons vegetable oil | ¼ teaspoon salt |
| 1 can (14.5oz) low sodium vegetable or chicken broth | 1 cup whole-wheat pasta (rotini, shells, etc.) |
| 1 can (14.5oz) diced tomatoes | 1 small zucchini, sliced (about 1-2 cups sliced) |
| 2 ½ cups water | |
| 1 can (15.5oz) low sodium garbanzo beans, drained and rinsed | |

Wash, peel, and chop onion. Peel and mince garlic cloves. Heat oil in a large saucepan. Add onion and garlic, and cook over medium low heat for 5 minutes. Add broth, tomatoes, and water to saucepan. Stir in garbanzo beans, carrots, and seasonings. Cook on medium high heat about 5 minutes. Stir in pasta and zucchini. Reduce heat to medium low. Simmer about 10 minutes or until the pasta is tender. Serve immediately or refrigerate.

Source: www.extension.iastate.edu/foodsavings



It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.