



SOUP IT UP!



Soups are a one-pot wonder: They are hearty, satisfying, easy to prepare and a great way to add (and hide) extra nutrition in one simple meal.

FRESHER IS BETTER

There's no need to buy soups that are prepackaged in boxes and cans, which may have excess sodium and other unnecessary ingredients. It's less expensive and incredibly easy to prepare fresh soups. Try our quick and easy recipes.



TIP: Stretch your dollar by making soup from leftovers or extra ingredients from other recipes. Yesterday's roasted veggies can quickly be transformed into today's soup!



WHAT'S SO SUPER ABOUT SOUPS?

- They're a simple way to pack in more veggies, legumes and whole grains.
- They are filling and satisfying, even with little or no fat added.
- Serving soups as a meal starter can help with portion control.
- Many soup recipes can be made in just one pot for easy cleanup.



GO A STEP FURTHER

Try adding these healthy bites to your favorite soups. If the texture is a turn-off simply purée the ingredient before adding, or the whole soup before serving.

- Toss in chopped leafy greens during the last few minutes of cooking: kale, spinach or Swiss chard work well.
- Add quick-cooking dried beans (lentils, split peas) or canned beans (kidney, garbanzo, red or black beans) for a protein boost and a budget break (see the "Use Your Bean" edition of *Better Bites* for more ideas).
- Substitute whole grain pasta, brown rice, bulgur or millet for white pasta or white rice in favorite soup recipes.
- Add extra color with veggies (carrots, sweet potatoes, squashes, tomatoes and peppers are especially soup friendly) to pack in a wide range of nutrients.

TIPS FOR PARENTS

Be a Soup-er Hero!

Make soups a cornerstone of meal planning and everyone in the family will thank you:

- At least once a week, serve up a vegetable-based soup with some type of whole grain or nut bread to satisfy kids' cravings for hands-on food experiences.
- Allow customization: Let each person add their own salt and pepper, spices or toppings at the end of cooking. Serve fresh herbs, chopped onions, salsa or other fresh and easy garnishes.
- Adjust flavor and texture to suit picky eaters. Almost any soup can be puréed smooth, pulsed in the blender for medium texture, or left with big chunks.



HANDS-ON ACTIVITY Soup in a Jar



What You'll Need

- Two empty glass jars with lids (approximately 1½ pint old pickle or spaghetti sauce jars are usually just right)
- pre-measured dry ingredients (shop the bulk section for best prices)
- homemade labels or tags, ribbon and other art supplies to decorate your jars

Step 1

Divide each ingredient evenly between the two jars, layering them in the order on the ingredient list.

Step 2

Screw the lid on tightly and add a tag with cooking instructions.

Step 3

Decorate the jars as you wish with ribbons, stickers or other personal touches.

Ingredients

- ½ cup dry split peas
- ¼ cup couscous
- ½ cup dry lentils
- ¼ cup dried onion flakes (may substitute 1 teaspoon onion powder)
- 2 teaspoons dried Italian seasoning
- ⅓ cup bouillon granules or 1 bouillon cube crushed up
- 2 bay leaves
- ½ cup uncooked pasta (corkscrew, wheel or alphabet shapes recommended)

Write these cooking instructions on the gift tag:

Pour all ingredients into a saucepan with 2 quarts water. Add the following optional ingredients of your choice: diced tomatoes, sliced carrots, sliced celery, peas, corn, crushed garlic, salt and pepper. Bring to a boil, cover and simmer for about 15 minutes until the pasta, lentils and barley are tender. Remove bay leaf from pot before serving.

RECIPES

Let kids help with the simple steps in **bold!**

Black Bean Soup

- 1 tablespoon olive oil
- ½ lb. carrots, sliced
- 1 bay leaf
- ½ teaspoon fine sea salt
- 1 red onion, chopped
- 3 cloves garlic, finely chopped
- 1 tablespoon ground cumin
- ½ teaspoon ground cinnamon
- 2 cans no-salt-added black beans, drained and rinsed
- 1 cup corn kernels, fresh or frozen and thawed
- 1 can diced tomatoes with liquid
- 1 quart vegetable broth
- hot sauce to taste
- 2 tablespoons chopped fresh cilantro, plus more for garnish



Step 1: Heat oil in a large pot over medium heat. Add carrots, bay leaf and salt and cook until carrots are just tender, about 7 minutes. **Step 2: Add onions and garlic and cook 5 minutes more.** **Step 3: Add cumin, cinnamon, beans, corn, tomatoes and broth and bring to a boil.** Step 4: Reduce heat and simmer for 10 minutes. Step 5: Ladle hot soup into bowls and **let each person add their own hot sauce and cilantro garnish.**

Carrot Ginger Soup

- 1 lb. carrots, grated
- 1 tablespoon olive oil
- 3 cups vegetable broth
- 1 tablespoon fresh ginger, grated (or 1 teaspoon dried ginger)
- 1–3 teaspoons fresh lemon juice to taste
- salt and pepper to taste

Step 1: Place grated carrots, olive oil, ginger and broth in a microwave-safe bowl and microwave on high for 10–15 minutes, until carrots are tender. Step 2: Transfer to a blender and purée until smooth. **Step 3: Add lemon juice, salt and pepper to taste before serving.**

