

7 Steps to Great Soup

Create a tasty soup from simple foods you may have on hand. Just choose an item from each category and follow the directions. Use your imagination! Each pot of soup serves 4 adults.



Step 1

Choose one fat

2 tablespoons of vegetable oil, butter or margarine



Step 2

Add one medium chopped onion



Step 3

Choose one or more vegetables (2-3 cups, chopped)

Fresh, Frozen or Canned:

- | | |
|----------------|---------------|
| • Celery | • Zucchini |
| • Green pepper | • Squash |
| • Green beans | • Mushrooms, |
| • Carrots | • Cauliflower |
| • Peas | • Broccoli |
| • Corn | • Cabbage |



Step 4

Choose one protein

- 1 pound beef, chicken, ham, sausage, etc.
- 1 (16 oz.) can of beef, chicken or ham
- 1 (16 oz.) can beans (pinto, kidney, black, white, chick peas, hominy, etc.)
- 1 cup grated cheese



Step 5

Choose one starch

- 3-4 cups diced potatoes
- 2 (16 oz.) cans beans (pinto, kidney, black, white, chick peas, hominy, etc.)
- 4 oz. whole grain egg noodles, macaroni, pasta
- 1/2 cup uncooked brown rice

Turn the page for steps 6 and 7.

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Step 6

Choose a broth

You need 4 cups (1 quart):

- 2 (16 oz.) cans reduced sodium chicken, beef, and/or vegetable broth
- 4 cups water and chicken, beef or vegetable bouillon (lower sodium)
- 1 can crushed or diced tomatoes (lower sodium or fresh tomatoes) and 3 cups water
- 4 cups low-fat milk and chicken bouillon (lower sodium)
- Any combination of above to make 1 quart



Step 7

Choose one or more seasonings

- 1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)
- Bay leaf
- 1-2 tablespoons fresh herbs
- Minced garlic

Directions

1. Heat fat in a large soup pot. Add onion and cook until tender.
2. Add remaining ingredients (except fresh herbs).
3. Partially cover pot and simmer until meat is cooked and starch and vegetables are tender (about 20-30 minutes).
4. Add fresh herbs. Season with salt and pepper to taste.
5. Simmer another 5 minutes. Serve.



Beef and Vegetable Soup

Try These Soups

Chicken and Rice Soup – Combine onion, celery, carrots, chicken, rice, chicken broth, rosemary, parsley, and garlic.

Beef and Vegetable Soup – Combine onion, potatoes, carrots, celery, beef, crushed tomatoes, beef broth, oregano, basil, parsley, and bay leaf.

Black Bean and Corn Soup – Combine onion, green pepper, corn, green chilies, black beans, rice, crushed tomatoes, chicken broth, oregano, cumin, chili powder, cilantro, and garlic.

Cream of Broccoli Soup – Combine onion, broccoli, celery, cheese, milk, chicken bouillon, and garlic. Mash or blend together.

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