

Soup Saves Money

- Helps to stretch the food dollar by using perfectly good leftover foods in a new tasty dish.

Have you thrown out a bone from a pork or beef roast which had a little meat on it? How about the green beans, corn or peas that weren't eaten at dinner last night? Now you can put those leftovers or "planned overs" to good use.

Soup Can Be Part of a Healthy Diet

Use the food guide pyramid to build a healthy diet.



- Ingredients for soup can include foods from several of the food groups.
- Soups can provide high quality protein, fiber, and vitamins needed for good health.
- Homemade soups can be lower in salt than canned soups if we use herbs for flavoring instead of salt.

Plan Ahead for Making Soup

- Freeze leftover cooked vegetables and liquid from cooked vegetables.
- Freeze leftover cooked meat to use in soup.
- When ready to make soup, add leftover frozen cooked meat and seasonings to cooked vegetables and liquid.
- Make a broth for soup from beef, pork, ham, chicken or turkey bones.

How to Make Soup Broth

1. Place bones and meat pieces in a large pot and cover with water.
2. Bring to a boil; simmer for 3 hours.
3. Throw bones away, remove celery leaves, and refrigerate broth and meat.
4. When broth is cold, skim fat off the top and throw fat away.
5. Freeze broth if not using within 3 days.
6. Use in recipes which call for meat broth.

Herbs Add Flavor

- Basil
- Bay leaf
- Parsley
- Rosemary
- Thyme
- Herb Shaker: 1 teaspoon each of rosemary and thyme, 2 teaspoons each of sage and sweet basil, and 1½ teaspoons of marjoram. Use instead of salt.



Soup-er Ideas . . . Be Creative!

- A cup of soup makes a delicious, nutritious snack.
- A cup or bowl of soup plus a sandwich or salad makes a light meal.
- In a hurry? Use your favorite condensed soup. Add extra frozen or canned vegetables and leftover cooked meat or cooked dry beans.
- Make Soup Toppers - sprinkle with:
 - homemade croutons
 - grated carrots or grated cheese
 - popcorn
 - fresh or dried herbs



Keeping Soup Safe

- If you won't be eating the soup right after you have prepared it or you have leftover soup, chill by setting pan of hot soup in a sink filled with ice and water. Stir often until soup stops steaming.
- Put soup in smaller containers and store in refrigerator right away. Use within 3-4 days.
- Freeze soup for longer storage. Leave 1/2" space at top of container.
- Thaw frozen soups in the refrigerator or microwave. Do not thaw on the kitchen counter.
- To reheat soup, cook over low heat to a boil to reach 165 degrees. Add water if the soup is too thick..

Soup Warm & Nutritious



**No food seems to comfort a person
like a steaming bowl of soup.**

**UW
Extension**

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Family Living Programs • Cooperative Extension • University of Wisconsin-Extension

WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 715-232-1636

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Menu Idea

Hearty Vegetable Beef Soup
Peach-Half filled with
Lowfat Cottage Cheese
Dinner Roll
Lowfat Milk

Hearty Vegetable Beef
Soup

(4 servings)

Per serving: 234 calories, 8 grams of fat

- 2 cups broth
- 2 cups mixed vegetables
- 1 can (16 oz.) tomatoes, cut up
- 1 cup cooked beef, diced
- 1 teaspoon salt
- Dash pepper
- 1 bay leaf
- 2 oz. (about 1¼ cups) noodles or macaroni, uncooked

1. Heat broth.
2. Add vegetables, meat and seasonings.
3. Bring to boil, reduce heat, and boil gently, uncovered, for 15 minutes.
4. Add noodles. Cook 10 minutes or until noodles are tender.
5. Remove bay leaf and serve.



Menu Idea

Split Pea Soup
Whole Wheat Crackers
Raw Vegetables with Dip
Fresh Banana
Lowfat Milk

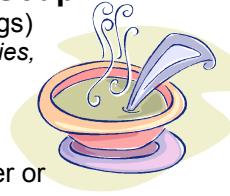
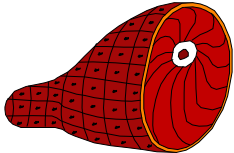
Split Pea Soup

(6 servings)

Per serving: 229 calories, 6 grams of fat

- 1 large onion
- 3 Tablespoons butter or margarine
- 1½ cups dry split peas
- 6 cups water
- 1½ teaspoons salt
- ½ cup sliced or grated raw carrot (optional)

1. Chop onion. Cook in butter in a large pan until tender.
2. Wash and drain split peas.
3. Add remaining ingredients. Bring to a boil.
4. Lower heat and cover pan. Simmer about 2 hours, until thickened.

Note: Cook a ham bone or pieces of ham in the soup if you like. Leftover cooked potatoes and/or other cooked vegetables can also be added after the soup is cooked.

Menu Idea

Chicken Noodle Soup
Toast
Carrot & Celery Sticks
Grapes
Lowfat Milk

Chicken Noodle Soup

(8 servings)

Per serving: 150 calories, 7 grams of fat, and 5 grams carbohydrates

- 3 lbs. chicken pieces
- 6 cups hot water, divided
- 2 large stalks celery, thin sliced
- 1 cup medium-sized carrots, thin sliced
- ½ teaspoon dried basil
- ¼ teaspoon parsley (optional)
- ¼ teaspoon pepper
- 1 teaspoon salt (optional)
- ½ cup thin egg noodles

1. In a 5-quart casserole, combine chicken, 4 cups hot water, celery, carrots, basil, parsley, pepper and salt.
2. Microwave at High 30-40 minutes, or until chicken falls easily from the bone, stirring twice during cooking.
3. Remove chicken from the bones. Discard bones and skin. Dice meat and return to casserole. Add 2 cups hot water and noodles. Cover.
4. Microwave at High 8-10 minutes, or until water boils. Then microwave at High 7-10 minutes, or until noodles are tender.



Menu Idea

Creamy Potato Soup
Corn Bread
Salad
Baked Apple
Lowfat Milk

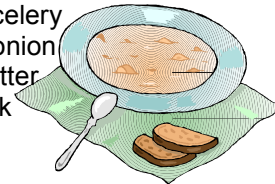
Creamy Potato Soup

(4 servings)

Per serving: 211 calories, 6 grams of fat

- 3 raw potatoes, diced
- ¼ cup shredded carrots
- ¼ cup chopped celery
- ¼ cup chopped onion
- 1 Tablespoon butter
- 3 cups lowfat milk
- Salt and pepper

1. Put potatoes, carrots, celery and onions in a pot with just enough water to cover. Cook until tender.
2. Add butter and milk and heat until very hot (but not to boiling.)
3. Add salt and pepper or other seasonings to taste.



Variation: For thicker soup, add instant mashed potato flakes.

Note: To make the Chicken Noodle Soup lower in fat, remove the skin before cooking or skim fat off the top after it's been refrigerated.

Menu Idea

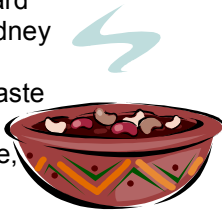
- Turkey Chili
- Saltine Crackers
- Peaches
- Lowfat Milk

Turkey Chili

(4 servings)

Per serving: 540 calories, 26 grams of fat (9 grams saturated fat), 104 mg. Cholesterol, 579 mg. sodium

- 1 pound ground turkey
- ¾ cup onion, minced
- 2 Tablespoons margarine
- 3 cups water
- ½ teaspoon garlic powder
- 1 Tablespoon chili powder
- 1 Tablespoon dry parsley flakes
- 1 teaspoon paprika
- 2 teaspoons dry mustard
- 1 can (15½ oz.) red kidney beans, drained
- 1 can (6 oz.) tomato paste
- ½ cup pearl barley
- ¾ cup Cheddar cheese, shredded



1. In large sauce pan, cook turkey and onions in margarine until turkey is browned and no longer pink in color, about 9 minutes. Drain; return turkey and onions to pan.
2. Add remaining ingredients except the cheese to turkey mixture; bring to boil, stirring frequently. Cover, reduce heat, and simmer 30 minutes, stirring occasionally.

3. Uncover and simmer 30 minutes, stirring occasionally.
4. Serve over cooked macaroni.
5. Sprinkle 3 tablespoons of cheese over each serving of chili.

Menu Idea

- Chili
- French Bread
- Pears
- Lowfat Milk

Chili

(10 servings)

Per serving: 230 calories, 9 grams of fat

- ½ cup onion, chopped
- 1 pound ground beef
- 1 to 2 Tablespoons chili powder
- ½ teaspoon pepper
- 1 can (16 oz.) or 2 cups tomatoes
- 2 cans (8 oz.) tomato sauce
- 2 cans (15 oz.) kidney beans, (do not drain beans)

1. Brown ground beef and onion in large frying pan. Drain fat. Place in large soup pot or kettle.
2. Add remaining ingredients and simmer for 15 to 20 minutes, until very hot.
3. Place extra chili in small, shallow containers and refrigerate right away to use in a day or two.

Menu Idea

- Oven Stew
- Bread Sticks
- Plums
- Lowfat Milk

Oven Stew

(8 servings)

Per serving: 312 calories, 15 grams of fat

- 1½ pounds meat (like beef, venison or lamb), cut into 1-inch chunks
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon basil
- 1 cup (8 oz. can) tomato sauce
- 2 medium onions, coarsely chopped
- 3 stalks celery cut in diagonal pieces
- 4 medium carrots cut in 1-inch chunks
- 2 medium potatoes cut in 1-inch chunks
- 1 cup frozen peas (optional)

1. Combine all ingredients except potatoes and peas in 2½-quart casserole.
2. Cover, and bake in 300° F oven for 2 ½ hours.
3. Mix potatoes and peas into stew bake uncovered 1 hour longer. Stir occasionally.



Menu Idea

- Hamburger Soup
- Whole Wheat Toast
- Orange Slices
- Lowfat Milk



Hamburger Soup

(5 servings)

Per serving: 392 calories, 17 grams of fat

- 1 pound ground beef
 - 2 cups potatoes, diced
 - 1 cup carrots, sliced
 - 1 cup onion, chopped
 - 1 cup celery, chopped
 - 1 can (46 oz.) tomato juice
 - 2 cups water
 - Salt and pepper, to taste
1. Brown ground beef, drain off fat.
 2. Combine meat, vegetables, tomato juice and water in large kettle.
 3. Simmer for 1 ¼ hours or until vegetables are tender.