

Keeping Soup Safe

- Divide large amounts of hot leftovers into shallow containers - less than 3 inches deep - for quick cooling in the refrigerator. Use within 3-4 days.
- Freeze soup for longer storage. Leave 1/2" space at top of container. Use within 2-3 months.
- Thaw frozen soups in the refrigerator or microwave. Do not thaw on the kitchen counter.
- To reheat soup, heat to boiling over low heat. Add water if the soup is too thick.

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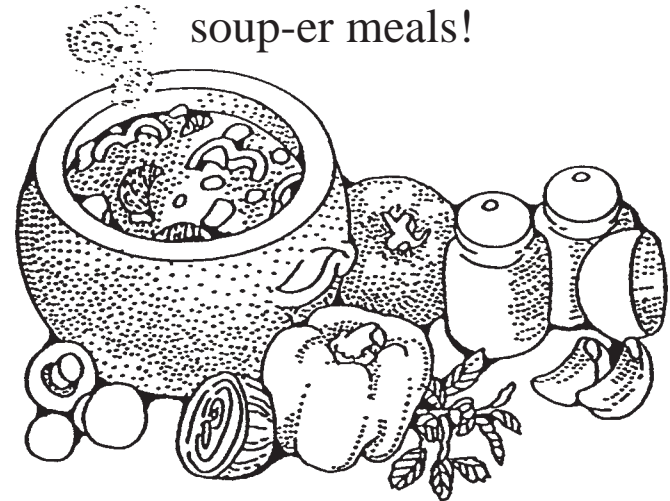
Cooperative Extension • Family Living Programs

*Wisconsin
Nutrition
Education
Program*

Soup

What You Need to Know
& Favorite Recipes

Stretch your food dollars with
soup-er meals!



Take time to prepare homemade soup.
You'll enjoy the fresh flavor.

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UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call your local food stamp office

MyPyramid Helps Build a Healthy Diet

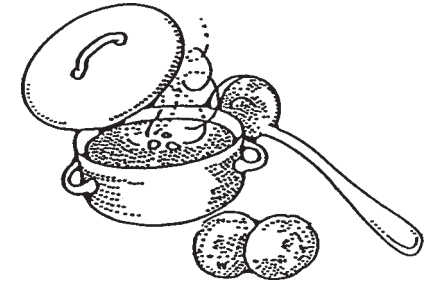


Soups Can Be Part of a Healthy Diet

Soups can include foods from several food groups.

Soups can provide high quality protein, fiber, and vitamins and minerals needed for good health.

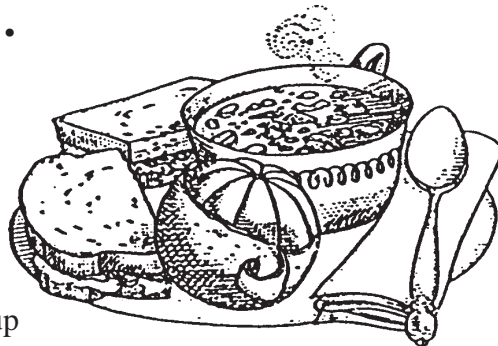
Homemade soups can be lower in salt than canned soups if you use herbs for flavoring instead of salt.



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 canned soup. Add extra frozen or canned vegetables and leftover cooked meat or cooked dry beans.
- Make Soup Toppers -- sprinkle soup with:
 - homemade croutons
 - grated carrot
 - grated cheese
 - popcorn
 - fresh or dried herbs



Planning Ahead for Making Soup

- Freeze leftover cooked vegetables and liquid from cooked vegetables. When you are ready to make soup, add these leftovers, cooked meat and seasonings for a special homemade soup.
- Freeze leftover cooked meat to use in soup.
- 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 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 that call for meat broth.

Hearty Vegetable Beef Soup

Makes 4 Servings

234 calories and 8 grams of fat per serving

- 2 cups broth
- 1 teaspoon thyme
- 1/4 teaspoon salt
- dash pepper
- 1 bay leaf
- 2 cups mixed vegetables
- 1 can (16 ounces) tomatoes, cut up
- 1 cup cooked beef, diced
- 2 ounces (about 1-1/4 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.

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

Menu Ideas

Creamy Potato Soup
 Corn Bread
 Salad
 Pears
 Milk

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Menu Ideas

Creamy Potato Soup
 Corn Bread
 Salad
 Pears
 Milk

Creamy Potato Soup

Makes 4 Servings

211 calories and 6 grams of fat per serving

- 3 raw potatoes, diced
- 1/4 cup shredded carrots
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 1 Tablespoon butter
- 3 cups lowfat milk
- salt
- 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 boiling).
3. Add salt and pepper or other seasonings to taste.

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

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Menu Idea

Wisconsin Chicken-Corn Soup
Toast
Carrot and Celery Sticks
Sliced Fruit
Milk

Wisconsin Chicken-Corn Soup

Makes 6 Servings

209 calories and 5 grams of fat per serving

1 chicken <u>or</u>	1 cup chopped celery
2 -3 pounds chicken pieces	2 cups corn (fresh, frozen or canned)
8 cups water	2 ounces (about 1-1/4 cups) noodles or macaroni,
1/2 teaspoon salt	uncooked
1/4 teaspoon pepper	
1 large onion, chopped	

1. Cook chicken in water until tender.
2. Remove chicken from broth. Put in bowl. Cover and chill in refrigerator.
3. Pour broth into another bowl. Chill in refrigerator.
4. When chicken is cool enough to handle, remove meat from bones. Throw away bones and skin.
5. Cut chicken into bite sized pieces. Refrigerate.
6. When broth is cold, skim fat off the top and throw the fat away.
7. Bring broth to a boil; add chopped onion, celery, salt and pepper. Cook 5 to 8 minutes. Add corn and noodles. Cook 5 - 8 more minutes or until noodles are done. Add cooked chicken and heat.

Leftovers

Promptly cover and store in refrigerator no longer than 3 - 4 days.
Reheat to boiling before serving.

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