

# RECIPE GUIDE: Soup

Create a hearty or light and healthy soup. Choose a liquid base, a protein, a vegetable or two, and a grain.

Yield: 4 servings



**Base** - 4 cups chicken, beef, or vegetable broth or stock plus 2-3 cups water



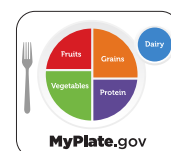
**Protein** - 1/2 pound cooked or 12 ounces raw ground beef, chopped chicken, fish, shellfish, ham, or sausage; 2 cups cooked lentils, beans, or split peas; 12-16 ounces tofu; 4 ounces nuts, seeds; or a combination of the above



**Vegetables** - 3 cups chopped, pureed, fresh, frozen or canned - corn, bell pepper, cabbage, carrots, zucchini, squash, pumpkin, spinach, kale, broccoli, chard, asparagus, mushroom, tomatoes, broccoli, green beans



**Grain or noodles** - 2/3 cup uncooked barley or rice; 8 ounces dried pasta, noodles or dumplings



**Herbs, spices, and aromatic vegetables** - garlic, onion, cardamom, coriander, paprika, curry, nutmeg, basil, oregano, thyme, chives, green onion, or parsley

## Meal Planning with Confidence



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# PROCEDURE and TIPS

## Step 1:

Add 1 tablespoon of olive oil or other vegetable oil to soup pot and heat on medium heat. Sauté onion, if using, for a few minutes or until translucent. Add garlic and sauté for 30 seconds. Add broth or stock. If you chose a protein that takes a while to cook, such as, ground beef, chopped boneless/skinless chick thigh, sausage, dried lentils or split peas, add it now. If you are using uncooked barley or rice, add it now as well. If you want to puree the vegetable, such as pumpkin soup, add the vegetable now. Add more water or broth if necessary. Add spices and dried herbs, if using. Bring to a boil, then lower to a simmer covered for about 15-20 minutes or until protein is cooked (beef 145F, chicken or sausage 165F).

## Step 2:

If you are using pasta, add it towards the last 8-10 minutes of cooking time for the protein in Step 1. Add any other vegetables at the last 8-10 minutes of cooking as well. If you are using noodles or dumplings that cook for only a few minutes, add it towards the last 2-3 minutes of cooking time for the protein in Step 1. Add the fresh herbs, if using, at the last 2-3 minutes as well.

## Step 3:

Taste the soup and adjust seasoning with salt and pepper. For a pureed soup, you can process the soup using a blender (with the center cap of the lid off to let heat escape), an immersion blender or a food processor. Be careful, some blenders are not recommended to be used with hot food. Check the manufacturer's directions. Test the vegetables, and if you prefer them more tender, simmer soup for a while longer, about 10 minutes longer. Top soup with nuts or seeds, if using. Serve hot.

## Tips for Success:

- Nuts and seeds work great with cream soups and squash soup.
- Spices, other than salt and pepper, can add new flavor to your soups.
- Pasta, grains and noodles expand 2-4 times.
- Season the soup towards the end of the cooking process since some ingredients may already have salt already, such as the broth.
- You can boil the pasta, noodles or dumplings separately and just combine with the rest of the soup before serving, if you plan to prepare the soup in advance. This way, the noodles or pasta won't get overcooked or absorb all the broth during storage.

