**Soup**

**What You Need to Know**

**& Favorite Recipes**

 ***Stretch your food dollars with soup-er meals!***

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 **Take time to prepare homemade soup.**

 **You’ll enjoy the fresh flavor.**

**Wisconsin Nutrition Education Program----WNEP**

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**MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.**

***Visit: MyPlate.gov***

 **Soup-er Ideas…..**

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 **Be Creative!**

* **A cup of soup makes**

**a delicious, nutritious**

**snack.**

* **A cup or bowl of soup plus 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 carrot**

**-grated cheese**

**-popcorn**

**-fresh or dried herbs**

**Soups Can Be Part of a Healthy Diet**

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 **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.**

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 **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.**

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 **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 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.**

**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 cold 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 ½” 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 boil. Add water is the soup is too thick.**

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**Creamy Soups**

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**Creamy Potato Soup**

3 Raw Potatoes diced

1/4 Cup Shredded Cheese

1/4 Cup Chopped Celery

1/4 Cup Chopped Onion

1 Tablespoon Butter

3 Cups Low Fat Milk

Salt & Pepper

Put potatoes, carrots, celery, and onions in a pot with just enough water to cover. Cook until tender. Add butter and milk and heat until very hot (but not boiling). Add salt and pepper or other seasonings to taste. For thicker soup, add instant potato flakes.

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**Cheesy Vegetable Soup**

1 Can (10 ½ oz.) Cheddar Cheese Soup

1 Soup Can of Low Fat Milk

1 Package (10 ½ oz.) Frozen Mixed Vegetables or a Can of Mixed Vegetables, drained.

Combine soup and milk in saucepan. Stir until smooth. Heat over medium heat, stirring occasionally. Add vegetables to soup and heat until bubbly.

**Chicken Noodle Soup**

 1 Teaspoon Vegetable Oil 1/2 Cup Onion Minced

1/2 Cup Carrots, diced 1/2 Cup Celery Sliced

1/2 Teaspoon Garlic Powder 1/4 Cup Flour

1/4 Teaspoon Oregano Flakes 3 Cups Chicken Broth

2 Cups Potatoes, peeled & diced 1/2 Cup Milk

1/4 Cup Cooked Chicken, chopped

1 Cup Noodles, uncooked

Heat oil over medium heat in a large sauce pan. Add minced onions, carrots, celery, and garlic powder. Cook until onions are tender, about 3 to 5 minutes. Sprinkle flour and oregano over vegetables; cook about 1 minute. Stir in chicken broth and potatoes. Cover and cook until tender, about 20 minutes. Add chicken, milk, and noodles. Cover and simmer until noodles are tender, about 10 minutes.

**Chili**

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**Quick Chili**

1/2 Lb. Ground Beef

15 1/2 oz. Kidney Beans

1- 16 oz. Can Tomato Sauce

1 1/2 Tablespoon Chili Powder

 1 Tablespoon Minced Onion

Brown ground beef, drain fat. Stir in remaining ingredients. Bring to boil. Reduce heat, cover, simmer 10 minutes.

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**Lentil Chili**

1 Pound Dry Lentils 1 Teaspoon Salt

5 Cups Boling Water 1- 16oz. Tomato Sauce

1 1/2 Tablespoon Chili Powder 1 Onion, Chopped

1/2 Cup Celery, chopped 1/4 Teaspoon Garlic Powder

Rinse dry lentils. Add salt and dry lentils to boiling water. Cover and simmer for 30 minutes. Add tomato sauce, chili powder, onions, celery, and garlic. Cover and simmer for 30 minutes more. Serve over rice, spaghetti, or corn chips.

**Cheddar Cheese Soup**

2 Tablespoon Margarine or Butter

1/4 Cup Onion

1/2 Cup Sliced Celery

2 Tablespoon All-Purpose Flour

1/4 Teaspoon Pepper

¼ Teaspoon Dry Mustard

1 Cup Milk

1-10 oz. Chicken Broth

2 Cups Shredded Cheddar Cheese

Melt margarine in sauce pan over medium heat. Cook onion and celery in margarine about 2 minutes, stirring occasionally, until tender. Stir in flour, pepper, and mustard. Stir in milk and broth. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Stir in cheese. Heat over low heat, stirring occasionally, just until cheese is melted.

**Chili Macaroni**

1/2 lb. Ground Beef 1/4 Cup Onion, chopped

1/4 Cup Celery, chopped 1 1/2 Cups Water

1-16 oz. Can Tomato Sauce 2 Teaspoon Chili Powder

2 Cups Cooked Kidney Beans 1/4 Teaspoon Salt

1 Cup Elbow Macaroni, uncooked

1/4 Teaspoon Garlic Powder

Brown the ground beef, onion, and celery. Drain fat. Add remaining ingredients to the mixture. Bring to a boil; reduce heat and boil gently, uncovered, until mixture is thickened and macaroni is tender, about 20 minutes.

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**Chili Recipe “Planned-Over” Meals**

**Chili Tacos-** Put chili in a soft or hard shelled taco with shredded lettuce, tomato, and cheese.

**Chili Burger-** Cook down chili until it is thick. Serve in a hamburger bun.

**Macaroni and Chili-** Add cooked macaroni or left over macaroni and cheese to you chili to make a hot dish.

**Potato and Chili-** Bake a potato. Cut an “X” through the skin lengthwise along the potato and push the ends together to fluff up the potato. Top the potato with chili and grated cheese.

**Taco Salad-** Mix tortilla or corn chips, tomatoes, lettuce, and shredded cheese with the chili.

**Crockpot Soups**

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**Taco Soup**

1 lb. Ground Beef or Turkey

1 Onion, Chopped

1 – 16 oz. Can Tomato Sauce

2 – 16 oz. Cans Tomatoes

2 – 16 oz. Can Pinto or Chili Beans, undrained

1/2 Pkg Taco Seasoning (use whole pkg. for spicier)

 Brown meat with onion in a frying pan. Place in crockpot. Add remaining ingredients and cook on high 1 hour. Change to low setting and cook 1 to 6 hours.

**Cream of Wild Rice Soup**

2 Cups Cooked Wild Rice (1/2 cup raw)

1 Large Onion, diced

1/2 Green Pepper, diced

1 1/2 Cups Celery, diced

1 Cup Flour

1 Small Can Sliced Mushrooms, drained

1/4 Cup Margarine

8 Cups Hot Chicken Broth

1 Cup Milk

Salt and Pepper

In frying pan, sauté onion, pepper, celery, and mushrooms in margarine about 3 minutes or until vegetables soften. Sprinkle in the flour, stirring and cooking until flour is mixed but not browned. Slowly add the chicken broth, stirring until all are mixed well. Add cooked rice and the milk. Put in crockpot and cook on low until heated through and ready to serve.

**Ham and Split Pea Soup**

16 oz. Pkg. Dried Split Peas

2 lbs. Smoked Ham Shank or Smoked Pork Hocks

1/2 Teaspoon Basil Leaves

1 Small Onion, chopped

1 Teaspoon Salt

6 to 8 Cups Water

2 Medium Stalks Celery, Sliced

1 Medium Carrot, chopped

In crockpot, combine first 6 ingredients. Cook on high setting for 1 hour. Stir in celery and carrots. Continue cooking on low setting 4 to 6 hours or until peas are tender and soup thickens. Remove ham shank; cut meat from bone and return to soup. Heat through.

**For Ham and Bean Soup:**

Substitute dried navy beans for split peas. Soak beans overnight in 2 quarts of water. Drain and rinse. Add 6-8 cups of water. Increase first cooking time to 2 hours. Stir in celery and carrots. Continue cooking as directed.

**Cream of Broccoli Soup**

1 Cup Fresh or Frozen Chopped Broccoli, cooked,

reserving ½ cup cooking liquid

2 Tablespoon Margarine

2 Tablespoon All-Purpose Flour

1/2 Teaspoon Onion Powder

1/4 Teaspoon Pepper

1 Cup Skim Milk

Mix broccoli in a blender or force it through a fine strainer and set aside. Melt margarine in saucepan. Add flour, onion powder and pepper. Cook and mix well. Gradually add milk, stirring constantly. Add ½ cup reserved liquid. Cook over medium heat, stirring until slightly thickened. Add broccoli, heat through.

**Vegetable Soups**

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**Split Pea Soup**

1 Cup Dried Split Peas 1 ½ Teaspoon Parsley Flakes

2 Quarts Water 1/4 Teaspoon Onion Powder

1 Carrot, chopped 1/4 Teaspoon Garlic Powder

2 Stalks Celery, chopped 1/4 Teaspoon Pepper

1 Medium Onion, chopped

Place all ingredients in large pan. Cover and simmer 2 ½ to 3 hours. If soup becomes too thick, add more water. If a smooth soup is desired, mix in blender or force through a strainer. You may add 1 cup of chopped ham.

**French Onion Soup**

1 1/2 lbs. Onions 1/4 Cup Oil

4 Cups Water 3 Beef Bouillon Cubes

5 Slices Bread 1/2 Cup Shredded Cheese

Peel and thinly slice onions. Heat oil in large pot. Add onions and cook until golden brown. Keep pot covered and stir often. Add water and bouillon and simmer for 30 minutes. Place a slice of bread and some cheese on the top of soup in bowl to serve.

**Bean Soup with Vegetables**

1 1/2 Cups Dried Navy Beans

1 Bay Leaf

1 Ham Bone w/some meat

6 Cups Water

1 Cup Diced Potatoes

1 Onion

1 Cup Chopped Celery

1 Cup Diced Carrots

1 Clove Garlic

Salt and Pepper

Day before, put beans in a strainer and wash well. Place in pot and cover with the water. Soak in the refrigerator overnight. If you don’t have time to soak the beans overnight, cover them with water, bring to a boil and remove from heat. They will soften in a couple hours and will be ready to cook. When you are ready to make soup, be sure you have 8 cups of liquid in the pot. Add ham bone, onion, bay leaf, and crushed garlic. Cover, simmer for 2 hours, or until beans are almost tender. Add potatoes, celery, carrots, and salt and pepper. Cover; simmer for 1 hour or until beans are tender. Remove ham bone from soup. Cut off meat; dice it. Return meat to soup to reheat.

**Easy Tomato Soup**

1 – 46 oz. Can Tomato Juice 1 Onion, diced

1/4 Teaspoon Garlic Powder 1/4 Teaspoon Black Pepper

4 Stalks Celery, sliced 1/2 Teaspoon Salt

**STOVE TOP:** Bring all ingredients to a boil. Reduce heat; simmer 25 to 30 minutes. Serve

**CROCKPOT:** Put all ingredients into crockpot. Cook 5 to 6 hours on low.

Easy Add-ins: (choose any of the following)

* 3/4 Cup instant rice or 1 cup macaroni or other pasta (STOVETOP - Cook according to package directions and add just before serving;

CROCKPOT – add dry with rest of rest of ingredients)

* 3/4 cup cubed potatoes
* 3/4 cup thinly-sliced carrots
* 1 – 16 oz. can of any beans (such as kidney, pinto, northern, string, etc.)
* 1 lb. ground meat, browned and drained

**Vegetable Soup**

4 Bouillon Cubes (Beef or Chicken)

1 Cup Boiling Water

3 Cups Water

1/2 Cup Rice of Barley uncooked

1 Small Onion, chopped

1 Cup Carrots, sliced

1/2 Cup Celery, chopped

Salt & Pepper

Dissolve bouillon cubes in boiling water. Place along with rest of ingredients in crockpot. Cover and cook on low for 8 to 10 hours.

**Broth**

2 1/2 lb. Frying Chicken, cut in pieces, skinned

1 Quart Water 1 Medium Onion, chopped

1/2Teaspoon Pepper 1/4 Teaspoon Garlic Powder

 1/2 Teaspoon Salt

Place chicken in large, deep pan. Add remaining ingredients. Bring to a boil. Cover, reduce heat, and simmer 2 ½ hours or until chicken is tender. Remove chicken from broth, refrigerate and use in another recipe. Strain and measure broth. Adjust yield to 3 cups either by adding water or cooking down excess broth. Refrigerate broth. When ready to use, remove and discard hardened fat from surface of broth. Heat.

Variations: **Turkey Broth –** 1 ½ lbs. raw turkey may be substituted for chicken. **Chicken Rice Soup –** Cut half of chicken into bite-size pieces and add to broth with ½ cup cooked rice. Use remaining chicken for sandwiches or other recipes. **Beef Broth –** 2 lbs of beef chunks may be substituted for chicken. Freeze broth if not using within 3 days.

**Soups with Meat**

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**Vegetable Beef Soup**

2 Cups Broth 2 Cups Mixed Vegetables

1 Teaspoon Thyme 1 Can (16 oz.) Tomatoes cut up

1/4 Teaspoon Salt 1 Cup Cooked Beef, dices

Dash Pepper 1 Bay Leaf

2 oz. (1 ¼ cups) Noodles or Macaroni, uncooked

Heat broth. Add vegetables, meat, and seasoning. Bring to a boil, reduce heat, and boil gently. Uncovered for 15 minutes. Add noodles. Cook 10 minutes or until noodles are tender. Remove bay leaf and serve.

**Hamburger Minestrone**

1 lb. Ground Beef 1/2 Cup Onion, chopped

1 Clove Garlic, crushed 1 Cup Shredded Cabbage

1/2 Cup Uncooked Macaroni 1 ¼ Cups Water

2 Teaspoon Beef Bouillon Flakes 1 Cup Sliced Celery

1 Teaspoon Italian Seasoning 1 Cup Sliced Zucchini

1 Can 28 oz. Whole Tomatoes, undrained

1 Can 8 oz. Kidney Beans, undrained

1 Can 8 oz. Whole Kernel Corn, undrained

Grated Parmesan Cheese

Cook beef, onion, and garlic in 5 quart pot over medium heat, stirring occasionally, until beef is brown. Drain. Stir in remaining ingredients except cheese, breaking up tomatoes. Heat to boiling; reduce heat to low. Cover and simmer about 15 minutes; stirring occasionally until macaroni is tender. Serve with cheese.

Cheddar Cheese Soup

2 Tablespoons Margarine or Butter

1/2 Cup Sliced Celery

1/4 Teaspoon Pepper

1 Cup Milk

2 Cups Shredded Cheddar Cheese

1/4 Cup Onion

2 Tablespoons All-Purpose Flour

1/4 Teaspoon Dry Mustard

1 can (10 ½ oz.) Chicken Broth

Melt margarine in sauce pan over medium heat. Cook onion and celery in margarine about 2 minutes, stirring occasionally, until tender. Stir in flour, pepper, and mustard. Stir in milk and broth. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Stir in cheese. Heat over low heat, stirring occasionally, just until cheese is melted.

Chili Macaroni

1/2 Pound Ground Beef

1/4 Cup Celery, chopped

1 – 16 0z. Can Tomato Sauce

2 Cups Cooked Kidney Beans

1 Cup Elbow Macaroni, uncooked

1/4 Teaspoon Garlic Powder

1/4 Cup Onion. Chopped

1 1/2 Cups Water

2 Teaspoon Chili Powder

1/4 Teaspoon Salt

Brown the ground beef, onion, and celery. Drain fat. Add remaining ingredients to the mixture. Brings to a boil; reduce heat and boil gently, uncovered, until mixture is thickened and macaroni is tender, about 20 minutes.

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