Create a Soup

# Create a tasty soup from simple foods. Just choose an item from each category. Then follow the directions. Use your imagination! Each pot of soup serves 4 adults.

## Step 1: Sauté 1 medium chopped onion.

## Step 2: Choose 1 or more vegetables, 2-3 cups chopped, from the following list:

1. Celery
2. Green pepper
3. Green beans
4. Carrots
5. Peas
6. Corn
7. Zucchini
8. Squash
9. Mushrooms
10. Cauliflower
11. Broccoli
12. Cabbage

## Step 3: Choose 1 protein from the following list:

1. 1 16-ounce can of beans. They can be pinto, kidney, black, white, chickpeas, or other
2. 1 pound of ground beef, ground chicken, ground sausage, or other
3. 1 16-ounce can of beef, chicken, or ham
4. 1 cup of grated cheese

## Step 4: Choose 1 starch from the following list:

1. 3-4 cups of diced potatoes
2. 2 16-ounce cans of beans. They can be pinto, kidney, black, white, chickpeas, or other
3. 4 ounces of whole grain egg noodles, macaroni or pasta
4. ½ cup of uncooked brown rice

## Step 5: Choose 1 broth or base from the following list

1. 2 16-ounce can of vegetable, chicken or beef broth
2. 4 cups of water and vegetable, chicken or beef bouillon
3. 1 can crushed or diced tomatoes and 2-3 cups of water
4. 4 cups of milk and bouillon
5. Any combination of the above ideas to make 1 quart (or four cups) of broth

## Step 6: Choose 1 or more seasonings from the following list

1. 2-3 teaspoons dried herbs such as oregano, basil, chili powder, thyme, rosemary, parsley or other herbs
2. Bay leaf
3. 2-4 or more tablespoons of fresh herbs
4. Minced garlic
5. Salt and pepper to taste

## Step 7: Make the soup using the following directions

1. In a large pot, cook onion in ¼ cup of water or broth until onion is slightly browned.
2. Add in your vegetables and protein. Brown protein as needed.
3. Add in the remaining ingredients, except for any fresh herbs. Cover the pot part way. Simmer until meat is fully cooked and starch and vegetables are tender. This should take about 20-30 minutes.
4. Add in fresh herbs. Season thoroughly with salt and pepper to taste. Simmer for another 5 minutes.
5. Serve.

Note: Beans serve as either a protein or a starch.

# Soup Recipes

### A pantry that is stocked with whole foods will help you create great tasting soups like these!

African Bean Soup

* ½ cup water
* 3 tablespoons reduce sodium soy sauce
* 1 onion, sliced
* 2 small, sweet potatoes or yams peeled and diced. It should total about 2 cups.
* 1 large thinly sliced carrot
* 1 thinly sliced celery stalk
* 1 seeded and diced red bell pepper
* 1 15-ounce can crushed tomatoes
* 4 cups of vegetable broth
* 1 15-ounce can of garbanzo beans (chickpeas)
* ½ cup chopped fresh cilantro
* 3 tablespoons peanut butter
* 1-2 teaspoons curry powder
* 4 cups cooked brown rice

Directions:

1. Heat water and soy sauce in a large pot.
2. Add onion and cook over high heat, stirring often, until onion is soft about 5 minutes.
3. Add the rest of the ingredients except for rice.
4. Stir to mix, then cover and simmer until vegetables are tender when poked with a fork. Should take about 15-20 minutes.
5. To serve, place ½ cup cooked rice in a bowl and top it with a large scoop of soup.

Yield: 8 servings

Black Bean Chili

* 1 large, diced onion
* 1-3 minced garlic cloves
* ¼ teaspoon red pepper flakes
* ½ teaspoon cumin
* ½ teaspoon thyme
* 2 16-ounce cans of vegetable broth
* 1 small can of diced green chilies
* 1 14-ounce can of stewed tomatoes
* 1 28-ounce can, or 3 cups, of black beans; drained and rinsed
* Cooked brown rice
* Cilantro
* Lime slices
* Grated cheddar cheese

Directions:

1. In a Dutch oven, cook onion, garlic and pepper flakes in ¼ cup of water.
2. Add herbs, broth and chilies to the Dutch oven and bring to a boil.
3. Add tomatoes and beans. Simmer for 1 hour.
4. Remove half of the chili, cool slightly. Then blend until it is smooth.
5. Add pureed mixture back into pot and stir to combine.
6. Serve Chili over brown rice. Garnish with cilantro, lime slices, and cheese.

## Changing the taste

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. Try using these herbs and spices to get these flavors:

* Mexican using cumin, oregano, chili powder, cilantro and garlic.
* Italian using basil, oregano, parsley, and garlic.
* Asian using soy sauce, ginger, garlic, chilies, and turmeric.
* Savory/Thanksgiving using rosemary, sage, thyme, and parsley.

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