

CREATE A SOUP

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

1	Sauté one medium chopped onion
2	<p>Choose one or more vegetables (2-3 cups, chopped) The following can be fresh, canned, or frozen</p> <ul style="list-style-type: none"> • Celery • Green pepper • Green beans • Carrots • Peas • Corn • Zucchini • Squash • Mushrooms • Cauliflower • Broccoli • Cabbage
3	<p>Choose one protein</p> <ul style="list-style-type: none"> • 1 (16 oz.) canned beans (pinto, kidney, black, white, chick peas, etc.) • 1 pound beef, chicken, ham, sausage, etc. • 1 (16 oz.) can beef, chicken, ham • 1 cup grated cheese
4	<p>Choose one starch</p> <ul style="list-style-type: none"> • 3 – 4 cups diced potatoes • 2 (16 oz.) canned beans (pinto, kidney, black, white, chick peas, etc.) • 4 oz. whole grain egg noodles, macaroni, pasta • ½ cup uncooked brown rice
5	<p>Choose a broth or base - you need 4 cups (1 quart)</p> <ul style="list-style-type: none"> • 2 (16 oz.) cans vegetable, chicken, or beef broth • 4 cups water and vegetable, chicken, or beef bouillon • 1 can crushed or diced tomatoes and 2-3 cups water • 4 cups milk and bouillon • Any combination of above to make 1 quart
6	<p>Choose one or more seasonings</p> <ul style="list-style-type: none"> • 2–3 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.) • Bay leaf • 2–4+ tablespoons fresh herbs • Minced garlic • Salt and pepper to taste

DIRECTIONS:

In large pot, cook onion in ¼ cup water or broth until slightly browned. Add vegetables and protein. Brown protein as needed. Add remaining ingredients (except fresh herbs). Partially cover pot and simmer until meat is thoroughly cooked and starch and vegetables are tender (about 20–30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes. **Serve.** *Note: Beans can serve as either protein or starch.*

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

Heat water and soy sauce in a large pot. Add onion and cook over high heat, stirring often, until onion is soft, about 5 minutes. Add remaining ingredients except for rice. Stir to mix, then cover and simmer until vegetables are tender when pierced with a fork, about 15-20 minutes. To serve, place ½ cup cooked rice in a bowl and top it with a generous ladle of soup.

Yield: 8 servings

Black Bean Chili

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

In a Dutch oven, sauté onion, garlic, and pepper flakes in ¼ cup water. Add herbs, broth, and chilies and bring to boil. Add tomatoes and beans. Simmer 1 hour. Remove half of chili, cool slightly, and puree until smooth. Add pureed mixture back into pot and stir to combine. Serve Chili over brown rice. Garnish with cilantro and cheese.

Yield: 4 servings

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

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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