



Extension Nutrition Program

FSNEP/EFNEP

Soups

A hot bowl of soup is a great warmer-upper on a cold winter day! Soup can be healthy, fill your family with comfort, and cost very little. Most soups can be prepared in a slow cooker in the morning and be ready for dinner. Cook soups on low for 8 to 10 hours or on high for 4 to 6 hours.



To Save Money:

- Use leftover meat, chicken or bones to make soup.
- Store leftover vegetables and their juice in a container in the freezer. Add them to any soup.
- Add rice or pasta to stretch a soup or stew.
- Carrots, potatoes or cabbage are usually available any time of the year.

To Save Time:

- ⌚ Use one pan for all steps.
- ⌚ Use canned rather than dry beans you have to cook, or cook the entire bag of dried beans at once and freeze in 2 cup servings.

- ⌚ Use recipes with few ingredients.
- ⌚ Prepare ahead of time. Make an extra batch and freeze for later use.
- ⌚ Use frozen vegetables.
- ⌚ Use canned broth or bouillon cubes instead of broth.

Cut the Fat:

- ✂ Use lots of vegetables--fresh, canned or frozen.
- ✂ Cool the broth, take the fat off the top.
- ✂ Use only small amounts of cheese.
- ✂ Add less margarine.
- ✂ Remove fat from meat.



Taco Soup

Yield: 12 servings • Serving: 1 cup

- 1 pound lean ground beef or wild game
- 1 onion, chopped
- 1- 15 ounce can whole kernel corn **or** 2 cups frozen corn
- 1- 15 ounce can kidney beans, drained
- 1- 46 ounce can tomato juice **or** 6 cups tomato juice
- 1- 15 ounce can stewed tomatoes
- 1 package taco seasoning

1. In a large pot, brown the ground beef and chopped onion until meat is no longer pink.
2. Add the rest of the ingredients. Heat through. Soup does not need to boil
3. Serve hot.

PER SERVING: CALORIES 192 • FAT 6.4 G • PROTEIN 15 G • CARBOHYDRATE 21 G • FIBER 4 G

★Tip: Can be done in a slow cooker or in the oven.

Old Fashioned Vegetable Soup

Yield: 4 servings

2 cups beef **or** chicken broth
2 cups **or** 1- 14 ounce can tomatoes
½ cup water
5 cups chopped fresh **or** frozen vegetables (onion, celery, potatoes, carrots, peas, corn, shredded cabbage, etc.)
Salt and pepper to taste
½ teaspoon of basil

1. Bring broth to a boil in large pot.
2. Add chopped vegetables and seasonings; bring to a second boil.
3. Cover and let simmer 30 minutes or longer.

PER SERVING: CALORIES 161 • FAT 1 G • PROTEIN 7 G • CARBOHYDRATE 35 G • FIBER 5 G • LOW IN SATURATED FAT AND CHOLESTEROL • GOOD SOURCE OF FIBER, NIACIN, VITAMIN B6, VITAMIN A, VITAMIN C AND POTASSIUM

Variation

Hamburger Soup: Brown 1 pound ground beef; drain fat. Add meat to soup. Uncooked rice, noodles or macaroni can be added to boiling broth along with vegetables.



Beef Barley Soup

Yield: 8 servings • Serving: 1 cup

6 cups water
1 pound boneless stew meat **or** hamburger
1 onion, chopped
1 cup uncooked barley **or** wheat berries
1 bay leaf (optional)
3 to 4 cubes **or** teaspoons instant bouillon
3 carrots, peeled and sliced
3 celery stalks, sliced
2 cups chopped cabbage (optional)
4 mushrooms, sliced (optional)



1. In a 3 quart or larger saucepan, bring the water, beef, onion, barley or wheat berries and bay leaf (if using) to a boil. Turn heat to low. Simmer until meat is cooked and grain is tender, about 1 to 2 hours.
2. Add the bouillon cubes or granules, carrots and celery. Cook until vegetables are almost done, about 15 minutes. Add the cabbage and mushrooms (if using) and cook for 5 more minutes until vegetables are soft but not mushy.
3. Remove bay leaf (if using) before serving. Serve hot. Refrigerate or freeze leftovers.

PER SERVING: CALORIES 273 • FAT 9.6 G • PROTEIN 20 G • CARBOHYDRATE 26 G • FIBER 6 G • GOOD SOURCE OF POTASSIUM

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