



## The Scoop About Soup

A hot bowl of soup on a cold winter's day,  
Will comfort your family after work or play.  
Soup can be healthy and cost very little,  
Prepare in a slow cooker, oven or kettle.  
Hot or cold, thick or clear,  
Soup can be enjoyed throughout the year.

### Soup-er Ideas

- A cup of soup makes a delicious, nutritious snack.
- Soup and a sandwich or salad makes an easy meal.
- Add extra frozen or canned vegetables, cooked dry beans, and/or leftover cooked meat to your favorite canned soup.
- Sprinkle soup with:
  - homemade croutons
  - grated carrots
  - small amount of grated cheese
  - fresh or dried herbs
- Freeze extra soup for later use.
- Add vegetables, cooked beans, rice, pasta and barley to soup up your soup!

### Chicken Pozole Soup

Yield: 6 servings • Serving: 2 cups

1 pound boneless chicken, cut into 1-inch pieces  
8 cups low-sodium chicken broth or water  
½ cup chopped onion  
¼ teaspoon pepper  
¼ cup chili powder  
8 ounces canned tomato sauce  
½ teaspoon dried oregano  
2- 15 ounce cans white or yellow hominy, drained and rinsed

1. Put chicken pieces in a large pot and cover with 8 cups of broth or water. Bring to a boil. Reduce heat to medium; simmer for 30 minutes.
2. Add the chopped onion, pepper, chili powder, tomato sauce, oregano, and hominy to the pot of chicken.
3. Simmer for another 45 minutes.

**PER SERVING:** CALORIES 205 • FAT 6 G • PROTEIN 22 G •  
CARBOHYDRATE 17 G • FIBER 4 G • GOOD SOURCE OF VITAMIN A,  
VITAMIN C AND IRON

### Slick Winter Activities for Indoors or Outdoors

- |                |                   |
|----------------|-------------------|
| Sit Ups        | Skating           |
| Stair Climbing | Strolling         |
| Skipping       | Snowball Throwing |
| Skiing         | Snowman Building  |
| Sledding       |                   |
| Snowboarding   |                   |





## Nutrition Round Up

2 cups of:	Broccoli Potato Soup	Name Brand Broccoli Potato Soup
Calories	196	240
Fat	7 g	8 g
Sodium	690 mg	1779 mg
Vitamin C	72%*	8%*
Calcium	29%*	8%*

\*Percent Daily Values are based on a 2,000 calorie diet.

## “Leftover” Soup

### Ingredient Amount Suggestions for 4 servings

#### Liquid

4 cups broth, milk, tomato juice, or in combination with water

#### Vegetables

½ medium onion, chopped

1½ cups any vegetable(s) (canned, frozen, fresh or leftover)

#### Meat and/or Beans

1 cup combination cooked meat and cooked or canned beans, drained

#### Starch or Thickener

1 cup cooked rice, barley, noodles, pasta

#### Seasonings

1 Tablespoon vegetable oil

1 clove garlic, minced (optional)

½ teaspoon salt, ⅛ teaspoon pepper, herbs or spices to taste

### Broccoli Potato Soup

Yield: 4 servings • Serving: 2 cups



- 4 cups chopped broccoli, fresh or frozen
- 1 small onion, chopped
- 4 cups chicken or vegetable broth, low sodium
- 1 cup evaporated milk
- 1 cup chopped cooked potatoes or mashed potatoes
- ¼ teaspoon pepper
- ¼ cup cheese, shredded cheddar or American

1. Combine broccoli, onion and broth in a large sauce pan. Bring to a boil.
2. Reduce heat to medium-low. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk and pepper; slowly stir in potatoes.
4. Cook, stirring constantly, until bubbly or thickened.
5. Divide soup into 4 bowls. Sprinkle 1 Tablespoon of cheese over each serving.

**PER SERVING:** CALORIES 196 • FAT 7 G • PROTEIN 13 G • CARBOHYDRATE 22 G • FIBER 4 G • GOOD SOURCE OF VITAMIN C, VITAMIN A AND CALCIUM

1. In saucepan over medium heat, add oil and onions. Cook for 5 minutes or until onions are soft. Add optional garlic, cook 1 minute more.
2. Add liquid to onion mixture; bring to simmer.
3. Add vegetables, cooked meat and/or beans and starch or thickener. Cook until everything is hot and starch ingredient is cooked.
4. Add remaining seasonings. Cook an additional 5 minutes to combine flavors.

### Contact Us

Visit [www.montana.edu/nep](http://www.montana.edu/nep) for a complete list of SNAP-Ed/EFNEP recipes.

## Nutrition Education Programs - SNAP-Ed / EFNEP

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