



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.

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.

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.

Visit www.msuextension.org/nep for more information.