

Create a Soup!

In the January 2012 Texas AgriLife Extension Service Health Hint newsletter, you can find this wonderful checklist with a variety of ingredient choices to 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 4 adults.

Step 1 Choose one fat

2 tablespoons oil (vegetable, canola, olive), butter or margarine

Step 2 Add 1 medium chopped onion

Step 3 Choose one or more vegetables (2-3 cups, chopped)

Celery, green pepper, green beans, carrots, peas, corn, zucchini, squash, mushrooms, cauliflower, broccoli, cabbage, etc. (fresh, canned, or frozen)

Step 4 Choose one protein

1 pound beef, chicken, ham, sausage, etc. or

1 (16 oz) can beef, chicken, ham or

1 (16 oz) can beans (pinto, kidney, black, white, chick peas, hominy, etc.)

1 cup grated cheese

Step 5 Choose one starch

3-4 cups diced potatoes or

2 (16 oz) cans beans (pinto, kidney, black, white, chick peas, hominy, etc.) or

4 oz egg noodles, macaroni, pasta or

½ cup uncooked rice

Step 6 Choose a broth – you need 4 cups (1 quart)

2 (16 oz) cans chicken, beef, and/or vegetable broth or

4 cups water and chicken, beef, or vegetable bouillon or

1 can crushed or diced tomatoes and 3 cups water or

4 cups milk and chicken bouillon

Any combination of above to make 1 quart

Step 7 Choose one or more seasonings

1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)

Bay leaf

1 – 2 tablespoons fresh herbs

Minced garlic

Directions

Heat fat in large soup pot. Add onion and cook until tender. Add remaining ingredients (except *fresh* herbs). Partially cover pot and simmer until meat is 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.

Suggestions

Chicken & Rice soup - Combine onion, celery, carrots, chicken, rice, chicken broth, rosemary, parsley, and garlic.

Beef and Vegetable soup - Combine onion, potatoes, carrots, celery, beef, crushed tomatoes, beef broth, oregano, basil, parsley, and bay leaf.

Black Bean and Corn soup - Combine onion, green pepper, corn, green chilies, black beans, rice, crushed tomatoes, chicken broth, oregano, cumin, chili powder, cilantro, and garlic.

Cream of Broccoli soup – combine onion, broccoli, celery, cheese, milk, chicken bouillon, and garlic. Mash or blend together.

Adapted from *How to Cook Without a Book* by Pam Anderson. For more information, please contact the Texas AgriLife Extension Service at 903-473-4580 or visit <http://fcs.tamu.edu>.