

# Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



## M-M-M Soup

What smells better than homemade soup simmering on the stove or in the slow cooker on a cold January day. Soup not only warms the body but is one of the ultimate comfort foods renewing our spirit. Making soup from scratch can be fun, creative and a great way to use leftovers.



- Many soups are low in fat, especially broth.
- Soups can be budget friendly to make.
- Many soups are easy to freeze for future meals.
- Soup recipes can be adjusted to meet special dietary needs such as low sodium.
- Soups provide a variety of needed nutrients such as vitamins, minerals, protein and fiber.

### CHEESE AND CORN CHOWDER

2 cups potatoes (diced)	1/4 teaspoon pepper
1 cup carrot (sliced)	1 can cream-style corn
1 cup celery (chopped)	1 1/2 cups milk, non-fat
1/2 cup onion (chopped)	1/2 cup shredded cheddar or American cheese

Combine potatoes, carrots, celery, onion and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes. Add corn and pepper. Cook 5 more minutes or until vegetables are cooked. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil. Serve hot.

Serves 6; Cal 164; Carbs 28g; Fat 4g; Sodium 314mg; Protein 7g

Source: What's cooking? USDA Mixing Bowl

January 2017

### MEATBALL SOUP

6 cups water	1 tomato (finely chopped)
1/3 cup brown rice	1/2 onion (finely chopped)
3 bouillon cubes (low-sodium chicken or beef flavored or 1 Tablespoon low-sodium bouillon powder)	1 egg
1 teaspoon oregano	1/2 teaspoon salt
8 ounces lean ground beef (turkey or chicken)	2 cups vegetable mix—carrots, celery and broccoli (chopped)

In a large pot, combine water, rice, bouillon cubes and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer. In a large bowl mix ground meat, tomato, onion, egg and salt. Form into 12 large meatballs. Add meatballs to broth mixture and simmer 30 minutes. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.

Serves 4; Cal 240; Carbs 22g; Fat 10g; Sodium 430mg; Protein 16g

Source: What's cooking? USDA Mixing Bowl

**To reduce fat:** The fat content of your homemade soup can be reduced by chilling the broth. The fat rises to the top and will solidify when cold. Remove fat with a spoon.



**Re-heating:** Reheat soups to 165°F.

**Keeping tips:** Cool soup uncovered in shallow container in the refrigerator. Stir periodically to hasten the cooling. Soup will keep in the refrigerator 2-3 days. Freeze the soup if you need to keep it a longer time. Cream soups may separate when thawed; simply whisk them back together when heating.



### QUICK CHICKEN AND VEGETABLE SOUP

1 can low-sodium diced tomatoes (about 15 ounces)	1 can low-sodium mixed vegetables (about 15 ounces)
1 can low-sodium chicken broth (about 15 ounces)	1/4 teaspoon thyme (dried or ground if you like)
1 onion (chopped)	1/8 teaspoon ground pepper
1/2 cup chicken (cooked and chopped)	

Use only cooked chicken for this recipe. Put the tomatoes and broth in a pan. Cook on medium heat until they boil. Add the onion. Turn the heat to low and simmer for 5 minutes. Add ground pepper, mixed vegetables and chicken. If using thyme, add that in too. Cook for 2 minutes.

Serves: 4; Cal 160; Fat 2g; Carbs 26g; Sodium 340mg; Protein 13g

Source: What's cooking? USDA Mixing Bowl

### TACO SOUP

1 pound ground beef	1 1/2 teaspoons chili powder
2 cans diced tomatoes (14.5 ounces)	3/4 teaspoon cumin powder
2 cans corn (15.5 ounces rinsed and drained)	3/4 teaspoon garlic powder
2 cans, black, kidney or pinto beans (15.5 ounces rinsed and drained)	1/3 cup water

Cook meat in a pot over medium heat until brown. Put meat in a strainer to drain fat. Rinse with hot water. Mix all the ingredients in a pot and cook on low for an hour.  
**Tips:** 1) To lower sodium content, buy low-sodium or no-salt canned vegetables 2) Replace spices with 1 packet of taco seasoning.

Serves 10; Cal 270; Carbs 39g; Fat 5g; Sodium 490mg; Protein 18g

Source: What's cooking? USDA Mixing Bowl

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This resource was funded in part by USDA's Supplemental Nutrition Program - SNAP. SNAP provides nutrition assistance to people with low income.



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