

# Senior Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION

 UNIVERSITY OF MINNESOTA | EXTENSION



## 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

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### TOMATO BASIL SOUP

1 onion (medium, chopped)	1 pinch red pepper (ground) optional
1 Tablespoon olive oil	1 teaspoon basil (dried)
1/4 teaspoon garlic powder	2 cups nonfat milk
1 can low-sodium diced tomatoes (15 1/2 ounces)	Salt and pepper (optional to taste)

In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes. Add garlic powder and cook 1 minute longer. Add chopped tomatoes.

Cook uncovered over medium heat for 10 minutes. Spoon 3/4 of mixture into food processor or blender container; puree until smooth. Return to saucepan. Add red pepper, basil and milk to the soup. Heat until hot but do not boil. Season to taste with salt and pepper (optional). Serve immediately.

Serves 4; Cal 120; Carbs 18g; Fat 4g; Sodium 210mg; Protein 6g

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

### SPLIT PEA SOUP

1 onion (large, chopped)	6 cups water
3 Tablespoons margarine <b>or</b> butter	1 teaspoon salt
1 1/2 cups split peas, dry	Optional: Diced Ham

Cook onion in margarine or butter in a large pan until tender. Wash and drain split peas. Add water, split peas and salt to onion. Add diced ham. Bring to boiling. Lower heat and cover pan. Simmer about 2 hours until thickened.

Serves 6; Cal 230; Carbs 32g; Fat 6g; Sodium 450mg; Protein 12g

Source: What's cooking? USDA Mixing Bowl

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<http://www.extension.umn.edu/family/health-and-nutrition/>