7 Steps to Creating a Soup

A steaming bowl of soup is a hearty, healthful meal. You can use food from your pantry, freezer or leftovers from your refrigerator to make a tasty soup in about 30 minutes following these easy steps. Each pot of soup serves about four adults. The nutritional value varies depending on the ingredients you choose.

1. **Choose one fat.**
   - 2 Tablespoons canola, sunflower, olive, vegetable (soy) or other oil OR 2 Tablespoons butter OR 2 Tablespoons margarine
   - Heat in large pot on stove

2. **Rinse and chop one medium onion.**
   - Add to pot and cook over medium heat until tender.

3. **Choose one broth. Add to pot.**
   - 2 (16-ounce) cans chicken, beef or vegetable broth
   - 4 cups water plus chicken, beef or vegetable bouillon or soup base prepared according to manufacturer’s directions
   - 1 (16-ounce) can crushed or diced tomatoes and 3 cups water
   - 4 cups milk and chicken bouillon or soup base prepared according to manufacturer’s directions

4. **Choose one protein. Add to pot.**
   - 1 pound cooked (or leftover) chopped/diced beef, chicken, ham, lean sausage, firm tofu, etc.
   - 1 (16-ounce) can beef, chicken, ham
   - 1 (16-ounce) can beans (pinto, kidney, navy, black, etc.), drained and rinsed

5. **Choose one starch. Add to pot.**
   - 3 to 4 cups diced potatoes
   - 4 ounces egg noodles, macaroni, pasta (or 1½ cups leftover cooked noodles)
   - ½ cup uncooked rice (or 1½ cups leftover cooked rice)
6. Choose a mixture of 2 to 3 cups chopped vegetables (fresh, frozen or canned). Add to pot.
   - Broccoli
   - Cabbage
   - Carrots
   - Cauliflower
   - Celery
   - Cooked or canned beans, such as kidney, pinto or black beans
   - Corn
   - Edamame
   - Green pepper
   - Green beans
   - Mushrooms
   - Peas
   - Squash
   - Zucchini

7. Choose one or more seasonings, add to pot and simmer 20 to 25 minutes or until vegetables are tender.
   - 1 to 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)
   - Bay leaf (remove before serving)
   - Minced garlic
   - 1 to 2 Tablespoons fresh herbs (add five minutes before serving)

Menu idea:
Black bean and corn soup, whole-grain bread or crackers, sliced apples and low-fat or fat-free milk

A few ideas:

**Chicken and rice soup:** Combine onion, celery, carrots, chicken, rice, chicken broth, rosemary, parsley and garlic.

**Beef and vegetable soup:** Combine leftover roast beef or browned ground beef, onion, potatoes, carrots, celery, crushed tomatoes, beef broth, oregano, basil, parsley and bay leaf.

**Black bean and corn soup:** Combine onion, green pepper, corn, green chilies, canned black beans (drained and rinsed), rice, crushed tomatoes, chicken broth, oregano, cumin, chili powder, cilantro and garlic.

**Cream of broccoli or potato soup:** Combine onion, broccoli or potato, celery, cheese, milk, chicken bouillon and garlic. Mash or blend together.

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Source: Adapted with permission from Utah State University.