Bridging the Gap: Putting Nutrition Knowledge into Practice

Soups: Warm and filling in the colder months!

Tips and tricks for preparing soups:

1) Make soups at home to avoid the added salt in most canned soups
2) It's easy to add extra veggies to any kind of soup recipe – it won't mess up the texture and will increase the vitamin and mineral content of the soup!
3) Soups are filling but often don't have as many calories as other hearty winter dishes

Chicken Noodle Soup

Ingredients

2.5lb bone-in chicken thighs
1 tsp pepper
1/2 tsp salt
1 tbsp olive oil
1 large onion, chopped
1 garlic clove, minced
10 cups low-salt chicken broth
4 celery stalks, chopped
4 medium carrots, chopped (or 1 cup frozen carrots)
2 bay leaves
1 tsp minced fresh thyme (or 1/4 teaspoon dried thyme)
3 cups uncooked egg noodles or whole-wheat pasta
1 tbsp chopped fresh parsley (or ½ tsp dried parsley)
1 tbsp lemon juice

Directions

1. Pat chicken dry with paper towels; sprinkle with 1/2 teaspoon pepper and salt. I
2. In a large pot, heat olive oil over medium-high heat. Add chicken in batches, skin side down; cook until dark golden brown, 3-4 minutes. Remove chicken from pan; remove and discard skin. Discard chicken drippings, except 2 tbsp left in pot
3. Add onion to drippings; cook and stir over medium-high heat until tender, about 4-5 minutes.
4. Add garlic; cook 1 minute longer. Add broth, stirring to loosen browned bits from pan. Bring to a boil.
5. Return chicken to pan. Add celery, carrots, bay leaves and thyme. Reduce heat; simmer, covered, until chicken is tender, about 25-30 minutes.
6. Transfer chicken to a plate. Remove soup from heat. Add noodles; let stand, covered, until noodles are tender, 20-22 minutes.
7. Meanwhile, when chicken is cool enough to handle, remove meat from bones; discard bones. Shred meat into bite-size pieces. Return meat to stockpot. Stir in parsley and lemon juice. Add salt and pepper as needed. Remove bay leaves and serve.

Adapted from: https://www.tasteofhome.com/recipes/the-ultimate-chicken-noodle-soup/

Slow Cooker Minestrone Soup

Ingredients

4 stalks Swiss chard with stems removed or 1 cup spinach (fresh or frozen)
2 tablespoons olive oil
1 medium red onion, finely chopped
6 cups vegetable broth
2 cans (14-1/2 ounces each) fire-roasted diced tomatoes, undrained
1 can (16 oz) kidney beans, rinsed and drained
1 can (15 oz) chickpeas, rinsed and drained
1 medium yellow summer squash or zucchini, halved and cut into 1/4-inch slices
1 medium sweet red or yellow pepper, finely chopped
1 medium carrot, finely chopped
2 garlic cloves, minced
1.5 cups uncooked spiral pasta
1/4 cup basil pesto

Directions

1. In a large skillet, heat olive oil over medium heat. Add onion and swiss chard/spinach; cook and stir 3-5 minutes or until tender. Transfer to slow cooker.
2. Stir in broth, tomatoes, beans, chickpeas, squash, pepper, carrot and garlic. Cook, covered, on low 6-8 hours or until vegetables are tender.
3. Stir in pasta. Cook, covered, on low 20-25 minutes longer or until pasta is tender. Serve with pesto.

Adapted from: https://www.tasteofhome.com/recipes/minestrone-soup

Vegetable Soup

Ingredients

1 tbsp olive oil
8 medium carrots, sliced
2 large onions, chopped
4 celery stalks, chopped
1 large green pepper, seeded and chopped
1 garlic clove, minced
2 cups chopped cabbage
2 cups frozen cut green beans
2 cups frozen peas
1 cup frozen corn
1 can (15 oz) garbanzo beans or chickpeas, rinsed and drained
1 bay leaf
2 tsp chicken bouillon granules
1-1/2 tsp dried parsley flakes
1 tsp salt
1 tsp dried marjoram (optional)
1 tsp dried thyme
1/2 tsp dried basil
1/4 tsp pepper
4 cups water
1 can (28 oz) diced tomatoes, undrained
2 cups V8 or other tomato juice

Directions

1. In a large pot, heat olive oil over medium-high heat
2. Add carrots, onions, celery and green pepper and sauté until crisp-tender. Add garlic and stir 1 additional minute. Stir in remaining ingredients and bring to a boil.
3. Reduce heat and simmer, covered, until vegetables are tender, about 60-90 minutes. Remove bay leaf and serve.

Adapted from: https://www.tasteofhome.com/recipes/hearty-vegetable-soup/

Cauliflower Soup

Ingredients

4 cups cauliflower, chopped (fresh or frozen)
2 cans reduced-salt chicken broth
2 cups water
2 garlic cloves, minced
1lb Italian sausage (optional)
1 cup sliced fresh mushrooms
1 cup heavy whipping cream
1/4 teaspoon pepper

Directions

1. In a large saucepan, combine cauliflower, broth, water and garlic and bring to a boil. Simmer, uncovered, for 12-15 minutes or until cauliflower is tender.
2. Meanwhile, in a large skillet, cook sausage and mushrooms over medium heat for 6-8 minutes or until sausage is no longer pink, while breaking up sausage into crumbles. Remove from skillet and drain on paper towels.
3. Add sausage and mushrooms to cauliflower mixture and return to a boil. Reduce heat and simmer uncovered for 5 minutes
4. Stir in cream and pepper and heat through, then serve.

Adapted from: https://www.tasteofhome.com/recipes/tuscan-cauliflower-soup/

Slow Cooker Chicken Bean Soup

Ingredients

1lb boneless skinless chicken breasts, cubed
2 cans (14.5 oz each) low-salt chicken broth
2 cans (14.5 oz each) Italian diced tomatoes, undrained
1 can (16 oz) kidney beans, rinsed and drained
1 can (15.25 oz) corn, drained (or 1.5 cups frozen corn)
1 can (15 oz) lima beans, rinsed and drained, or 1-1/2 cups frozen lima beans
1 cup frozen peas and pearl onions
1 tablespoon snipped fresh dill or 1 teaspoon dill weed
1/2 teaspoon ground ginger (optional)

Directions

1. In slow cooker, combine all ingredients. Cover and cook on low for 4-5 hours or until chicken is no longer pink.

Adapted from: https://www.tasteofhome.com/recipes/chicken-bean-soup/

Minestrone

Ingredients

2 tbsp olive oil
1 cup celery, diced
4 cloves garlic, minced
4 cups low-salt chicken broth
2 cups water
1 (28 oz) can crushed tomatoes
2 cups chopped cabbage or spinach
1 (15 oz) can garbanzo beans, drained
1 tsp red pepper flakes
1 tsp Italian seasoning
2 tsp salt
1 bunch Swiss chard, chopped
2/3 cup whole wheat pasta
Salt and pepper, to taste
¼ cup olive oil, for drizzling
¼ cup grated parmesan cheese
¼ cup chopped fresh parsley (or 1 tsp dried parsley)

Directions

1. Heat olive oil in large pot over medium-high heat. Add onions and celery; cook and stir until onions start to turn translucent, about 3 minutes. Stir in minced garlic and cook for another minute.
2. Pour chicken broth, water, and tomatoes into the celery and onion mixture. Bring to a simmer.
3. Stir cabbage, garbanzo beans, red pepper flakes, Italian seasoning, and 2 teaspoons salt into broth mixture. Bring to a simmer and cook until beans are tender, adding more water as needed if the soup becomes too thick, about 45 minutes.
4. Stir in Swiss chard and simmer until softened, about 15 minutes. Season with salt and black pepper to taste.
5. Stir in pasta and increase heat to medium-high and simmer until pasta is tender, about 15 minutes. Ladle into bowls and top with extra virgin olive oil, parmesan cheese, and parsley

Adapted from: https://www.allrecipes.com/recipe/223044/chef-johns-minestrone-soup

Tomato and Red Pepper Soup

Ingredients

1 (28-oz.) can whole tomatoes
1 (12-oz.) jar roasted red peppers, drained
1/4 cup half-and-half
1.5 tsp salt
1 tsp sugar
½ tsp black pepper
2 cloves garlic, minced

Directions

1. Process all ingredients and 1/4 cup water in a food processor or blender until smooth, stopping to scrape down sides as needed.
2. Transfer mixture to a medium-size saucepan, and cook over medium-high heat, stirring often, for about 8 minutes or until hot. Serve immediately.

Adapted from: https://www.myrecipes.com/recipe/tomato-red-pepper-soup

Chicken Tortilla Soup

Ingredients

1 (6-inch) corn tortilla
Cooking spray
5 tsp olive oil
1.5 cup chopped zucchini
1 cup chopped onion
1/4 cup chopped cilantro
1 tbsp chopped jalapeño (optional)
1/8 tsp salt
2 garlic cloves, minced
2 bay leaves
1.5 tbsp chili powder
1 tbsp ground cumin
4 cups low-salt chicken stock
1 (14.5-oz) can unsalted fire-roasted diced tomatoes
3/4 cup canned unsalted black beans
1/2 tsp salt
1/2lb chicken breast
½ cup sliced avocado
1/2 cup fresh cilantro (or 1 tbsp dried)
4 lime wedges

Directions

1. Cut tortilla into 1/2-inch strips; coat with cooking spray. Bake at 375° for 10 minutes.
2. Heat olive oil in oven over medium heat. Add zucchini, onion, 1/4 cup chopped cilantro, jalapeño, 1/8 teaspoon kosher salt, minced garlic, and bay leaves; cook 7 minutes.
3. Stir in chili powder and cumin. Add stock and diced tomatoes; bring to a boil.
4. Add black beans, 1/2 teaspoon kosher salt, and chicken breast and dark meat; simmer 5 minutes.
5. Remove bay leaves and discard. Serve topped with tortilla strips, avocado, cilantro, and lime wedge.

Adapted from: https://www.myrecipes.com/recipe/shredded-chicken-tortilla-soup

Chicken Vegetable Soup

Ingredients

1 (6-pound) roasting chicken
8 cups water
2 1/2 cups chopped celery (about 4 stalks)
2 cups thinly sliced leeks
1 1/2 cups parsnip, cubed
1 1/2 cups carrot, cubed
1 1/2 cups turnip, cubed
1 tsp salt
1/2 tsp black pepper
1 tsp chopped fresh dill or ¼ tsp dried dill (optional)
2 cups egg noodles or whole wheat pasta

Directions

1. Remove and discard giblets and neck from chicken. Remove and discard skin from chicken; trim excess fat. Split chicken in half lengthwise; place in pot.
2. Cover with 8 cups water; bring to a boil. Cook 10 minutes. Skim fat from surface of broth; discard fat.
3. Add celery and next 4 ingredients (through turnip) to pan, stirring well; bring to a boil. Reduce heat, and simmer 30 minutes or until vegetables are almost tender, stirring occasionally.
4. Remove chicken; let stand 10 minutes.
5. Remove chicken from bones; shred chicken with 2 forks to yield 6 cups meat. Discard bones.
6. Simmer vegetable mixture 10 minutes or until tender. Return shredded chicken to pan. Stir in salt, pepper, and dill, if desired.
7. Cook noodles according to package directions. Place noodles in serving bowl and top with chicken mixture to serve.

Adapted from: https://www.myrecipes.com/recipe/chicken-vegetable-soup-2

Spiced Vegetable Soup

Ingredients

2 tablespoons olive oil
1 large onion, diced
3 stalks celery, diced
3 large carrots, peeled and chopped
1/2 tsp ground turmeric
1 tsp ground cumin
1/2 to 1 tsp dried red chile flakes, plus more for serving
Salt to taste
1 bunch parsley, chopped, divided
1 bunch cilantro, chopped, divided
1 (15 oz) can tomatoes, crushed, or 2 cups of tomato sauce
7 cups low-salt chicken or vegetable stock or water
1 (15 oz) can chickpeas, drained
1 cup green lentils
1 tsp black pepper
2 tbsp all-purpose unbleached flour
1 large egg
Juice of 2 lemons (about 1/4 cup)

Directions

1. Heat the olive oil in a large skillet over medium heat and sauté the onion, celery, and carrots until the onion turns translucent and begin to brown, about 5 to 10 minutes
2. Add the turmeric, cumin, chile flakes, 1 teaspoon of salt, 1 cup each of the parsley and cilantro, tomatoes, and the stock or water and bring to a boil
3. Simmer uncovered for 25 minutes, then add the lentils and chickpeas, another teaspoon of salt and a teaspoon of pepper and continue simmering until the chickpeas and lentils are cooked, about 20 minutes more
4. In a separate bowl, whisk the flour, egg, and lemon juice into 2 cups (470 ml) of water. Stir into the soup.
5. Simmer the soup about 5 minutes more and serve, sprinkled with the remaining cilantro and parsley

Adapted from: https://www.epicurious.com/recipes/food/views/spiced-moroccan-vegetable-soup-with-chickpeas-cilantro-and-lemon-harira

Butternut Squash and Apple Soup

Ingredients

2 celery stalks, chopped
1 carrot, chopped
1 medium onion, chopped
1/4 tsp cinnamon
3/4lbs of boiling potatoes
2 medium Granny Smith apples (about 3/4 pound total)
1 1/2 pounds butternut squash, peeled, seeded, and cut into 1/2-inch pieces (3 1/2 to 4 cups)
2 cups reduced-sodium chicken stock or broth
2 to 2 1/2 cups water

Directions

1. Cook celery, carrot, and onion in olive oil in covered pot over low heat stirring occasionally, until softened but not browned, about 10 to 12 minutes. Add cinnamon and cook, uncovered, stirring, 1 minute
2. While vegetables are cooking, peel potatoes and coarsely chop. Peel and core 1 apple and coarsely chop
3. Stir squash, potato, chopped apple, stock, 2 cups water, 1 teaspoon salt and 1/2 teaspoon pepper into onion mixture, then simmer uncovered stirring occasionally until vegetables are very tender, about 15 to 20 minutes
4. Puree soup in 4 batches in a blender (use caution when blending hot liquids), then heat in cleaned pot over medium low heat, stirring occasionally. (Add additional 1/2 cup water to make it thinner if necessary.)
5. While soup is heating, cut enough of remaining apple into thin matchsticks (about 1 1/2-inches long) to measure about 1/2 cup
6. Serve soup topped with apple matchsticks and sour cream if desired

Adapted from: https://thelemonbowl.com/roasted-butternut-squash-and-apple-soup/