Soups Made Simple

Soup makes an easy lunch or dinner. Leftovers can be frozen for another day.

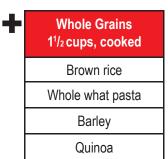


Use the chart below to choose ingredients from each column. Follow the chef's notes and step-by-step directions below to make your soup.

Protein 1 pound (diced meat)
Beef (shoulder round or brisket)
Chicken/Turkey (leg or thigh; boneless, skinless)
Pork (shoulder/butt)
Beans or Lentils (cooked, or drained and rinsed from a can)

+	Vegetables 2 cups, chopped
	Onions
	Greens (spinach, kale, collards, chard, etc.)
	Celery
	Zucchini
	Tomatoes
	Carrots
	Mushrooms
	Broccoli

+	Liquids 4 cups
	Water
	Low-sodium stock/broth



If using meat as your protein:

- Heat 1 Tablespoon canola oil in a soup pot over mediumhigh heat. Sauté meat until lightly browned, about 5 minutes.
- Add the vegetables. Reduce heat to medium and sauté for 5 minutes. If using canned or thawed frozen vegetables, skip this step and add vegetables during step 4.
- Add liquid and bring to a boil. Reduce heat and simmer for 25-30 minutes or until meat is cooked through. Stir occasionally to keep ingredients from sticking to the bottom of the pot.
- 4. Add cooked grains during the last 5-7 minutes of cooking time, to warm through.

If using beans or lentils as your protein:

 Skip step 1 above. Follow the remaining steps, adding beans to the liquid in step 3. Shorten the total cooking time to 15 minutes.

Chef's Notes:

cooking time.



- Whole Grains: Cook grains according to package instructions ahead of time. Refrigerate and add to soups you make that week.
- Seasonings: In addition to salt and pepper, try adding herbs and spices such as dried thyme, parsley, or ground cumin. Or, kick up the flavor by adding some minced garlic, hot peppers, ginger, or citrus zest. When using fresh herbs, add them at the end of cooking to keep the flavor fresh.