



A Nutrition Resource



# SOUPS

Create your own soup! Choose the specified amount from each category and follow the directions below. Each pot of soup serves four adults.

VEGETABLES	PROTEIN	GRAIN	BROTH/BASE
<ul style="list-style-type: none"> <li>1 onion (chopped) <i>AND</i></li> <li>2-3 cups (chopped) of the following vegetables (fresh, frozen, or canned)</li> </ul>	<p><b>1 of the Following</b></p> <ul style="list-style-type: none"> <li>2 cups cooked beans (or canned, drained and rinsed)</li> <li>1-pound lean meat</li> <li>1 cup cheese</li> </ul>	<p><b>1 of the following</b></p> <ul style="list-style-type: none"> <li>4 ounces whole grain noodles or pasta</li> <li>½ cup uncooked grain</li> </ul>	<p><b>4 Cups Total</b></p> <ul style="list-style-type: none"> <li>Vegetable, beef or chicken broth or broth made from bouillon</li> <li>1 15-ounce can crushed tomatoes and 2 cups water</li> </ul>
			<p><b>SEASONINGS</b></p> <ul style="list-style-type: none"> <li>2-3 teaspoons dried herbs</li> <li>2-4 Tablespoons fresh herbs</li> <li>Basil</li> <li>Bay leaf (remove after cooking)</li> <li>Chili powder</li> <li>Cumin</li> <li>Minced garlic</li> <li>Oregano</li> <li>Rosemary</li> <li>Salt (no more than 1/4 teaspoon)</li> <li>Thyme</li> </ul>
<ul style="list-style-type: none"> <li>Broccoli</li> <li>Carrots</li> <li>Cauliflower</li> <li>Celery</li> <li>Corn</li> <li>Green beans</li> <li>Green peppers</li> <li>Mushrooms</li> <li>Peas</li> <li>Potatoes</li> <li>Winter squash</li> <li>Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>Black beans</li> <li>Cheddar cheese</li> <li>Chickpeas</li> <li>Cooked chicken</li> <li>Cooked ground beef</li> <li>Cooked turkey</li> <li>Cooked ham</li> <li>Kidney beans</li> <li>Lentils (uncooked)</li> <li>Pinto beans</li> <li>Spilt peas (uncooked)</li> <li>White beans</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain egg noodles</li> <li>Small whole grain pasta shapes</li> <li>Barley</li> <li>Brown rice</li> <li>Bulgur</li> </ul>	

**Directions:** In a large pot, cook onion in ¼ cup water or broth until slightly browned. Add vegetables and protein. Brown or cook protein as needed. Add remaining ingredients (except fresh herbs). Partially cover pot and simmer until meat is thoroughly cooked and the grain and vegetables are tender (about 20–30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes. Serve.



## Italian Wedding Minestrone Soup

**Yield: 6 Servings | Serving Size: 1 Cup**

- 1 onion, chopped
- 2 or 3 large garlic cloves, minced
- 4 cups low-sodium chicken or vegetable broth
- 1 14.5-ounce can stewed Italian style tomatoes
- 2 cups cooked kidney beans (or canned, drained and rinsed)
- 2 cups fresh vegetables, peeled and chopped (or frozen vegetables)
- 1 Tablespoon Italian seasoning
- ½ cup whole wheat pasta, such as rotini, macaroni, or small shells

- 1) Sauté onion and garlic in ¼ cup of the broth.
- 2) Add remaining broth, tomatoes, beans, vegetables, and seasonings; stir to mix.
- 3) Bring to boil on medium high heat.
- 4) Stir in pasta. Reduce heat to medium low. Simmer about 20 minutes or until the pasta is tender.

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>(393g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 73mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 389mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Barley and Beef Chili

**Yield: 9 Servings | Serving Size: 1 Cup**

- 2 teaspoons vegetable oil
- 1-pound lean ground beef (15% fat or less), turkey, or chicken
- 1 medium onion, chopped
- ½ cup barley, uncooked
- 1 28-ounce can diced tomatoes
- 1 cup water
- 2½ Tablespoons chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon cayenne
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ½ teaspoon salt (optional)
- 3½ cups cooked beans or two 15-ounce cans kidney, pinto, black, etc.)
- Grated cheese (optional)
- Tortilla chips (optional)

- 1) Heat oil in heavy frying pan over medium heat. Add ground beef and onion. Cook, stirring frequently, until beef is no longer pink.
- 2) Add barley, tomatoes, water, chili powder, cumin, cayenne, garlic powder, pepper, and salt (if using). Cover; cook for 30 minutes over low to medium heat.
- 3) Add beans and cook for 15 to 20 minutes longer or until barley is soft. Serve hot with toppings, if desired.

Nutrition Facts	
9 servings per container	
<b>Serving size</b>	<b>1 cup (261g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	<b>0%</b>
Calcium 63mg	<b>4%</b>
Iron 4mg	<b>20%</b>
Potassium 523mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.