

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

Ideas For Eating Better For Less . . .

HEARTY SOUPS

SOUPS:

- are low cost.
- are easy to make.
- taste good with any meal.
- can be the main dish of a meal.
- can be homemade or store bought.
- are a great way to add vegetables to a meal.



Vegetable Soup Serves 4.

1/2 cup chopped onion
undrained

1/2 cup chopped green pepper

1/2 cup thinly chopped celery

1 tsp. vegetable oil

1 can (16-oz.) kidney beans, rinsed, drained

1 can (14-1/2 oz.) diced tomatoes,

1 cup water

2 tsp. chili powder

4 tsp. nonfat sour cream

1. In a saucepan, sauté onion, green pepper and celery in oil until tender.
2. Add beans, tomatoes, water, and salsa; mix well.
3. Bring to a boil; reduce heat. Cover and simmer for 20 - 25 minutes or until vegetables are tender.
4. Top each serving with a teaspoon of sour cream.

NUTRITION FACTS (per serving) - Calories 160 ~ fat 2 g ~ calories from fat 20 ~ sodium 490 mg
~ total carbohydrate 26 g ~ fiber 8 g

Creamy Potato Soup Serves 8.

8 cups water	2 cups instant mashed potato flakes
2 cup nonfat dry milk	1 cups chopped celery
2 beef bouillon cubes	1 cups chopped onion

1. Mix water and dry milk in a large pot. Heat on low heat.
2. Dissolve bouillon cubes in milk. Stir in potato flakes.
3. Add celery and onion.
4. Simmer for 20 minutes, stirring occasionally.



NUTRITION FACTS (per serving) - Calories 260 ~ fat 1 g ~ calories from fat 5 ~ sodium 150 mg
~ total carbohydrate 55 g ~ fiber 4 g

SOUP TIPS

1. **Save leftover vegetables, pasta, rice, meat and poultry for making soups.**
2. **Add more vegetables or meats to canned soups.**
3. **Remove fat from soups. Cool soup then remove solid fat on top.**
4. **Whole herbs flavor get stronger and ground herbs flavor get weaker the longer the soup is cooked.**
5. **Don't overcook the vegetables in soup.**
6. **Bring the soup to a boil but immediately lower heat to simmer. Boiling soup too long toughens meats and evaporates the liquid broth.**



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FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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