



Making Soup

Dietitian Shortcuts for Simple Meals

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Benefits of Cooking

Cost Saving



Bonding Time



More
Variety/Nutrition



Relaxation/Self
Care



The Perfect SOUP Pantry

Broth/Stock: Bouillon, Milk, Coconut Milk, V8 or Tomato Juice

Fat: Oil ,Butter, Bacon, Sausage, Ground Meat

Vegetables: Onions, Celery, Carrots, Canned Tomatoes, Frozen Mixed Vegetables

Seasonings: Italian Seasoning, Poultry Seasoning, Onion Powder, Garlic Powder, Oregano, Infused Oils, Vinegar, Wine, Fresh Herbs, Green Onion

Starch: Pasta, Lentils/Beans, Potatoes,Cous Cous, Quinoa



Universal Soup Base Recipe

Cook vegetables in oil, add broth and cook other ingredients as needed

- 1 4 cups low salt broth
- 2 2 large carrots, diced
- 3 2 large celery ribs, diced
- 4 1 onion, diced
- 5 teaspoon of oil



Recipe for Improvement

Store Bought Soups and Mixes

1 Double the Vegetables

Add Frozen or Fresh Vegetables

2 Add More Lean Protein

Beans

lentils

Greek Yogurt

lean chicken(breast, thighs)

Pork(chops, loin)

Beef(93% or sirloin)

Fish/Seafood(salmon cubes, shrimp)

3 Add Spices, Cut Salt

- add 25% more water or salt free broth
- add 30-50% more of spices except the salt
- cut packets of seasoning back, add extra pepper, herbs

Time Savers

- **Prepped Vegetables**

Frozen - Mixes, diced varieties, diced potatoes

Salad Bar

Coleslaw Mix

- **Seasoning Blends**

Poultry Mix

Italian

Chilli Powder

- **Quick Proteins**

Rotisserie Chicken

Frozen Meatballs

Raw Shrimp(cooks in minutes, adds flavor)

- **Pre-Cooked Starches**

Steam in bag or canned lentils, beans, rice

frozen rice

potato flakes

Foods to use in your SOUP

- **Side Dishes**

Mashed Potatoes

Leftover rice or pasta

Leftover vegetables

- **From the Cupboard**

pumpkin puree

beans

lentils

rice

pasta

- **Condiments**

Soy sauce

Hot sauce

pesto

pickled beets, peppers, onions (for garnishes)

sour cream

cream cheese

- **Produce**

Cole slaw Mix

Kale

spinach

Easy Minestrone Soup



Easy Minestrone Recipe

- **Ingredients**

- 4 cups low sodium broth
- 2 large carrots, diced small
- 2 large celery ribs, diced small
- 1/2 onion, diced small
- 2 cans Italian style diced tomatoes
- 1 can white beans (Italian seasoned)
- 1 can kidney beans
- 2 cups shredded cabbage (cole slaw mix)
- Italian seasoning or 1/2 tsp (crushed) dried oregano and 1/2 tsp (crushed), dried basil
- 4 cloves minced garlic (or 1/2 tsp dried)
- 1 cup parmesan cheese
- Optional: 1/8-1/4 tsp red pepper flakes

- **Instructions**

1. Set cabbage, beans, and Parmesan aside.
2. Combine all of the other ingredients and boil for 10 minutes.
3. Add beans. Cook 3 more minutes
4. Add cabbage. Cook 3 more minutes.
5. Taste and adjust seasoning, add salt and pepper if desired. Serve with 1 tablespoon Parmesan cheese on top.

Simple Southwest Soup



Southwest Chicken Tortilla Soup Recipe

- **Ingredients**

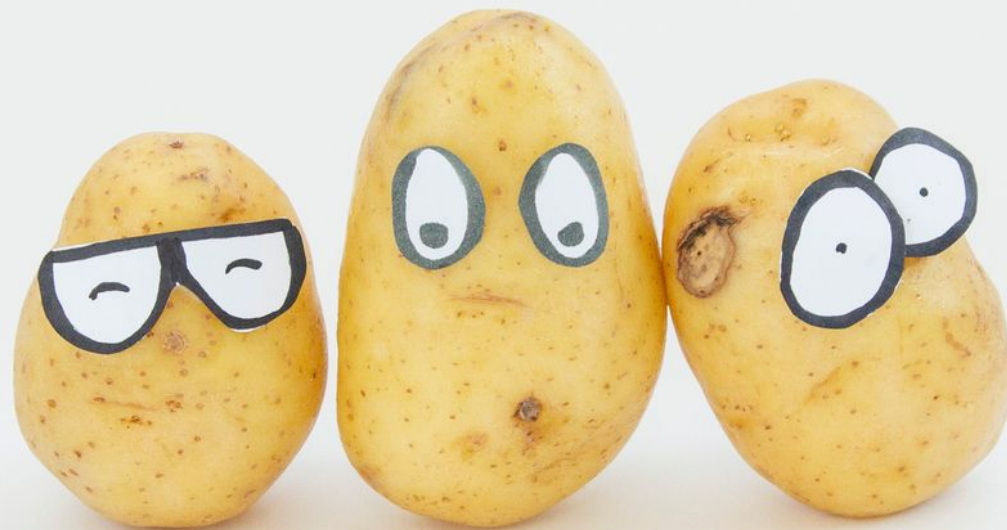
- 4 cups low sodium chicken broth
- 2 large carrots, diced small
- 2 large celery ribs, diced small
- 1/2 onion, diced small
- 2 cups diced cooked chicken
- 2 cans Chili ready or fire roasted style diced tomatoes
- 1 can chili ready beans in sauce
- 1 can low sodium black beans
- 2 cups shredded cabbage (cole slaw mix)
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp (crushed) dried oregano
- 1/2 tsp dried garlic
- 1/2 tsp dried onion
- Optional: 1 block cream cheese or 1 cup shredded cheddar cheese, 2 toasted tortillas or 12 tortilla chips for garnish.

- **Instructions**

1. Set beans, chicken and optional items aside.
2. Combine all of the other ingredients and boil for 10 minutes.
3. Add beans. Cook 3 more minutes
4. Add chicken. Cook 3 more minutes.
5. Optional: add cream cheese and simmer until melted.
6. Taste and adjust seasoning, add salt and pepper if desired.

Serve with 1 tablespoon cheddar cheese and crushed chips on top.

Quick Potato Soup



Quick Potato Soup Recipe

● Ingredients

4 cups low sodium chicken broth
4 medium russet potatoes, peeled
2 large carrots, diced small
2 large celery ribs, diced small
1/2 onion, diced small
2 cups whole milk
1/2 teaspoon ground poultry seasoning or 1 tbsp dried chives
1 teaspoon salt
Optional Add ins: 4 cups kale leaves, one pound cooked ground Italian turkey sausage.

● Instructions

1. wash and chop vegetables
2. Boil all seasonings, broth, potatoes, celery, carrot and onions for approx 20 minutes, until tender. Next you will thicken the soup with milk and cornstarch.

OPTIONAL: You can also blend all ingredients for a thick and smooth soup or you can remove half of the potatoes and vegetable chunks at this point, and blend the rest, adding back the rest at the end (my preference) if you want chunky bites in your soup.
3. Stir cornstarch into milk, mixing well.
4. slowly add milk and cornstarch, whisking well
5. bring to a gentle boil for one minute or until thickened.(blend if you like, or just serve chunky style)
6. OPTIONAL: add cooked Italian sausage and/or torn kale leaves just before serving. Top with fresh chopped parsley or sour cream.