



Making Soup

Dietitian Shortcuts for Simple Meals

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Canned Soup to Culinary Instructor

Latch Key Kid:
Made a lot of soup!



Studying
Nutrition:
Re-Learning
Food



Working at the
family restaurant



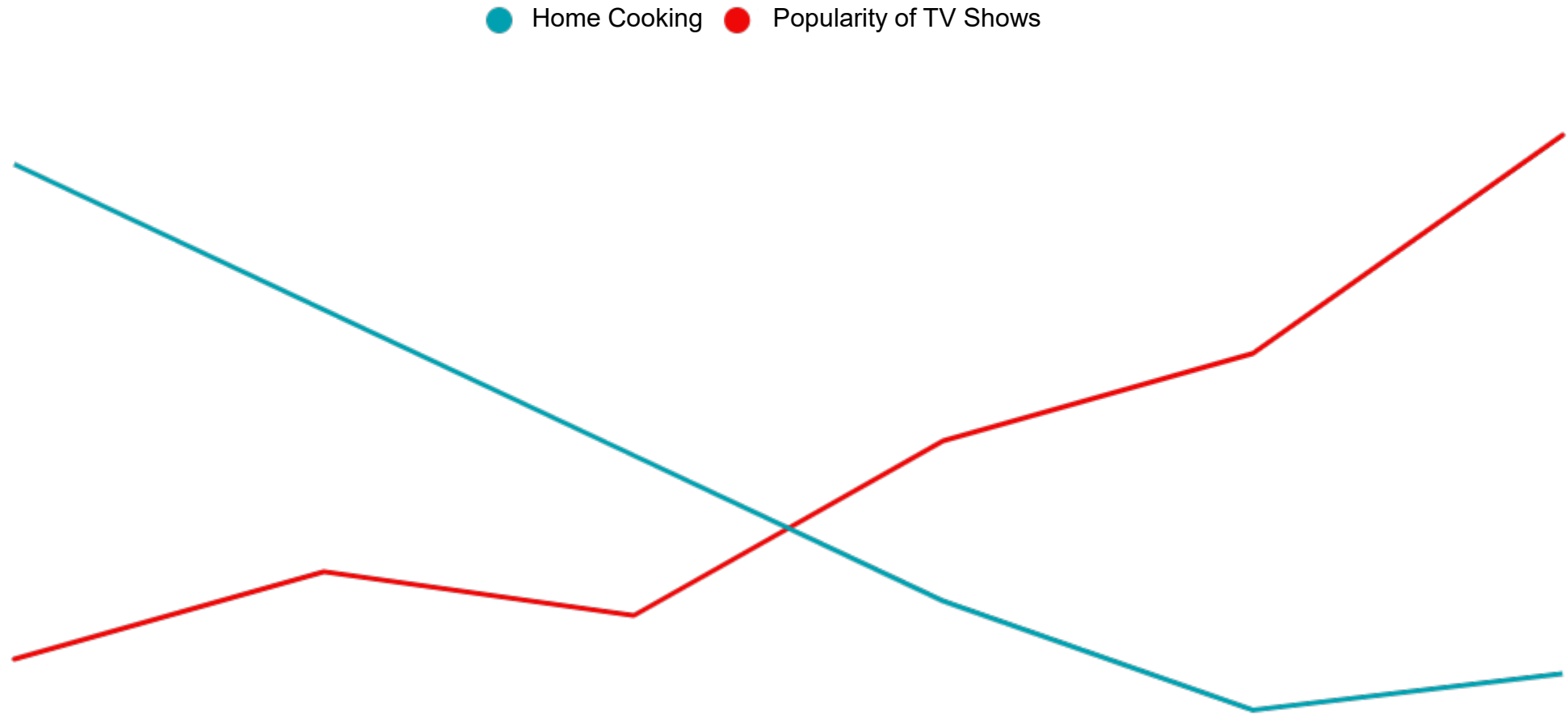
Studying
Culinary
Arts-Food
Becomes a Bit
Complicated

Working as
a dietitian
giving LOTS of
counseling and
Culinary Classes



AHA!
Moment:
Simple Food
is Better

The More Popular Cooking is, the LESS We Cook?



Benefits of Cooking

Cost Saving



Bonding Time



More
Variety/Nutrition



Relaxation/Self
Care



How has COVID
changed our
cooking?

COVIDCooking



More Saturated Fat



More Bulk Buying >
Food Shortages
> Bulk Buying



Variety

Applying 'healthy eating patterns'

emphasize nonstarchy vegetables



minimize added sugars and refined grains



choose whole foods over highly processed foods to the extent possible



consider the individual's health status, skills, resources, food preferences, and health goals





Soup?



Making Soup

1. Stocking Your Pantry

Equipment

Large pot

A large stainless steel or ceramic soup pot or Dutch oven

Immersion (stick) blender

Choose a metal blender base - plastic melts - yikes!

OPTIONAL

Crock pot

Instant cooker

Read Me! <https://cooking.nytimes.com/guides/40-how-to-make-soup>

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, Couscous, Quinoa



2. Making a Soup Base

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 1/2 teaspoon of oil



Easy Soup Bases



Making a Seasoning Base

Building Flavor

- 1 If no onions in your broth, sub 1 tsp onion powder for one onion
- 2 Use herbs!
1/2 - 1 tsp dry herbs or triple volume for fresh (except rosemary, use same amount) Crush the dry herbs to release the flavor
- 3 Add a little fat (oils carry the flavor)

Easy Soup Seasonings

Salsa Juices Sauces

V8/Tomato Juice, Carrot Juice, Lemon/Lime Juice

Pesto, Curry, Soy Sauce, Hot Sauce



Convenience..

Life Hacks and Shortcuts

Take the Help

Using *Convenience Foods* to Make Healthy Meals

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

Before

Amount Per Serving

Calories	260.0
Total Fat	7.0 g
Saturated Fat	3.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	30.0 mg
Sodium	1,200.0 mg
Potassium	0.0 mg
Total Carbohydrate	33.0 g
Dietary Fiber	7.0 g
Sugars	5.0 g
Protein	16.0 g
Vitamin A	10.0 %
Vitamin B-12	0.0 %
Vitamin B-6	0.0 %
Vitamin C	0.0 %
Vitamin D	0.0 %
Vitamin E	0.0 %
Calcium	6.0 %

Chili Before and After

add canned no-salt tomatoes and
beans

35% less fat

48% less sodium

300% more potassium

41% more fiber

28% less cost!

Zero extra effort :)

After

Amount Per Serving

Calories	251.1
Total Fat	4.6 g
Saturated Fat	1.7 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	16.7 mg
Sodium	683.3 mg
Potassium	326.7 mg
Total Carbohydrate	36.3 g
Dietary Fiber	9.9 g
Sugars	6.1 g
Protein	14.2 g
Vitamin A	18.2 %
Vitamin B-12	0.0 %
Vitamin B-6	0.0 %
Vitamin C	26.0 %
Vitamin D	0.0 %
Vitamin E	0.0 %
Calcium	7.3 %

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

Start With What You Know:
Add Vegetables Into
Your Usual Recipes

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

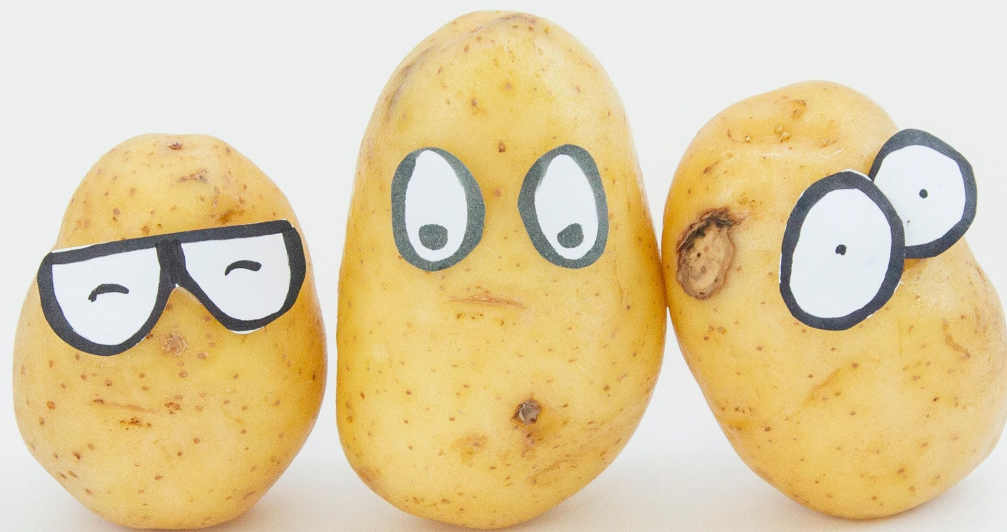
Easy Minestrone Soup



Simple Southwest Soup



Quick Potato Soup



THANK YOU!

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