

Soup Week

5 Bean Soup

Chicken Noodle

Country Style Split Pea Soup

Easy Slow Cooker Vegetable Soup

Garden Chili

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Roasted Turkey & Rice Soup

Pinto Bean Taco Soup

Tomato Basil Soup

Wild Rice Soup

Loose Leaf Green Lettuce Salad with Apple Cider Vinegar Dressing

No Yeast Bread

5 Bean Soup Mix

Ingredients (this recipe makes 3 mixes – if don't wish to make all divide recipe into 3)

- 1-16 oz package Pinto Beans
- 1-16 oz package Spilt Green Peas
- 1-16 oz package Great Northern Beans
- 1-16 oz package Black Beans
- 1-16 oz package Red Beans (Kidney Beans) or Red Lentils
- 1 Tbsp Black Pepper
- 1 Tbsp Paprika
- 1 Tbsp Dry Mustard
- 2 Tbsp dried Minced Onion
- 2 Tbsp Salt
- 2 Tbsp Garlic Powder
- 2 Tbsp Oregano
- 1 tsp Dried Rosemary
- 1 tsp Dried Basil
- 6 Bay Leaves
- 3 Vegetable Bouillon Cubes
- 3 Quart-size Mason Jars with Lids – for storage – may also use Ziploc bag

Instructions

1. Layer $\frac{3}{4}$ cup beans in a jar; shake gently to level beans. Repeat with $\frac{3}{4}$ cup of peas, northern beans, black beans and red beans. Set jar aside.
2. Combine pepper, paprika, dry mustard, minced onion, salt, garlic powder, oregano, rosemary and bail in a small bowl.
3. Place 3 tablespoons of spice mix in a snack-size Ziploc bag. Add 2 bay leaves and 1 bouillon cube. Gently shake contents to one side of bag and close. Fold bag around spices and place in top of each jar.
4. Place lids on jars, sealing tightly. Attach label to jar – may tape on or wrap a string around mouth of jar and attach recipe to string.

Cooking Instructions

Additional Ingredients Needed:

1-14 oz can Diced Tomatoes

1. Remove spice packet from jar; set aside.
2. Rinse beans and place in a large stock pot. Fill pot with water about 1-inch above beans.
3. Bring to a boil over high heat and boil 1 minute. Remove from heat, cover and let soak for 1 hour.
4. Drain and rinse beans. Return back to stock pot, add spice packet, diced tomatoes and 6 cups water (if using liquid broth in place of bouillon cubes – add 5 cups water + 1 cup broth).
5. Bring to a boil over high heat; reduce heat and simmer 1 $\frac{1}{2}$ to 2 hours until beans are tender, and soup thickens.
6. Refrigerate leftover for up to 5 days. May also freeze leftover won't use in 5-day time period.

Recipe Suggestions: When preparing recipe may also add any additional vegetables of choice (fresh, canned or frozen) or cooked meat. May season as desire as well – this recipe is simply just a guide!

Chicken Soup

Ingredients

- 2 cans (14.5 oz) Low-Sodium Chicken Broth (or use home-made)
- 2 cans water (or more depending on preference)
- 1/4 cup chopped Celery
- 1/4 cup chopped Carrots
- 1 Tbsp. Onion, finely chopped
- 1/8 tsp. Poultry Seasoning (optional)
- 1/8 tsp. dried Thyme Leaves, crushed
- 2 cups Chicken or Turkey, cooked and diced
- 1 cup medium Egg Noodles or Rice or Quinoa (optional)

Instructions

1. In 3-quart saucepan, combine broth, water, celery, carrot, onion, parsley, poultry seasoning and thyme.
2. Over medium heat, heat to boiling, stirring occasionally. Reduce heat to low.
3. Cover; cook 20 minutes or until vegetables are tender, stirring occasionally.
4. Add chicken and noodles; heat through, stirring occasionally until noodles are tender.

Yield: 4 servings.

Recipe Ideas: May also add any other favorite vegetables you put in your classic soup recipes.

Country Style Split Pea Soup

Ingredients

- 1 c. Onion, diced
- 1 Leek, thinly sliced
- 2 cloves Garlic, minced
- 1 Tbsp. Canola Oil
- 1¼ c. Green or Yellow Split Peas, rinsed
- 1 c. Celery, diced
- 2 medium Carrots, peeled and sliced
- 2 medium Potatoes, peeled and diced
- 3 c. Water
- 3 c. Low-Sodium Chicken Broth
- 1 Bay Leaf
- ¼ c. fresh Parsley, chopped, or 2 teaspoons Dried Parsley
- 1 Tbsp. Seasoned Salt
- ½ tsp. Pepper
- 1 c. cooked Ham, diced (optional)
- 1 c. Plain Nonfat/Low-fat Yogurt (optional)

Instructions

1. In a large, heavy saucepan, sauté onion, leek, celery and garlic until tender, about five minutes.
2. Add peas, broth, water, bay leaf, parsley, seasoned salt and pepper. Bring to a boil.
3. Reduce heat, cover and simmer, stirring occasionally, for about 40 minutes, or until peas are tender.
4. Add carrots, potatoes and ham (optional) to the soup. Cover and simmer about 15 to 20 minutes, or until vegetables are tender but retain their shape.
5. Add water, if necessary, to thin soup. Reduce heat. **Optional:** Add plain yogurt, cook for five minutes. (Do not boil).

Yield: 24 – ½ cup servings.

Easy Slow Cooker Vegetable Soup

Ingredients

- 1 lb. Ground Beef, browned and drained
- 1 16-ounce can Stewed Tomatoes
- 1 15-ounce can Tomato Sauce
- 1 package Dry Onion Soup Mix
- 1 can Low-Sodium Beef Broth and 1 can water
- 1 package Frozen Mixed Vegetables

Instructions

1. Mix all above ingredients together in a slow cooker and cook on low seven to nine hours

Yield: 10 servings

Garden Chili

Ingredients

- ½ lb. lean Hamburger
- 1 c. chopped Onion
- ½ c. Potatoes, cut into small cubes
- 1 15-ounce can Dark Kidney Beans
- 1½ c. diced Tomatoes, blanch to remove skins
- 15- ounce can or about 2 cups Tomato Sauce
- ½ c. chopped Green Peppers
- 1 c. Water
- 1 Tbsp. Chili Powder
- 1 Tbsp. Worcestershire Sauce
- ½ tsp. Cumin, ground
- ½ tsp. Black Pepper

Instructions

1. Brown hamburger and onion in saucepan/stockpot over medium heat.
2. Blanch fresh tomatoes by removing stems and scoring bottom of tomato; boil one minute, immediately place in cold water, remove skins.
3. Add remaining ingredients along with tomatoes to stockpot, bring to a boil; reduce heat and simmer for 30 minutes.

Yield: 8 servings

Lentil Chicken Curry

Ingredients

- 1 lb. Chicken, cubed
- 4 c. Vegetables, chopped or diced (for example, leek, carrot, celery, bell pepper, zucchini)
- 2 cloves Garlic, minced
- 1/3 c. Lentils, dry (cooked according to package directions)
- 2 Tbsp. Red Curry Paste
- 1 c. Coconut Milk
- Salt and pepper (optional)

Instructions

1. Cook the chicken, vegetables and garlic until cooked through. Cook lentils.
2. Add the lentils, curry paste and coconut milk. Stir to combine; season to taste.
3. **To Freeze:**
 - a. Let cool completely in shallow pans in the refrigerator. Place in a labeled freezer bag, flatten and freeze, or divide into single-serving freezer containers if desired and freeze.
 - b. From frozen, microwave for four to 4½ minutes, stirring occasionally.
4. Serve over rice or with naan (flat bread)

Yield: 5 – 1 cup servings

Loaded Minestrone Soup

Ingredients

- 1 Tbsp. Olive Oil
- 1 small Onion, diced
- 1 large Carrot, chopped
- 2 Celery Stalks, chopped
- 4 Garlic Cloves, minced
- 1/2 medium Zucchini, diced
- 1 (14.5 oz.) can Fire Roasted Tomatoes with Juice
- 8 oz. can Tomato Sauce
- 15.5 oz. can Kidney Beans, drained and rinsed
- 1 Tbsp. Italian Seasoning
- 1 Bay Leaf
- 3 c. Vegetable Broth
- 1 c. Water
- 1 c. Whole Wheat Small Pasta
- 1.5 c. Spinach
- Salt and pepper to taste
- Parmesan (optional)
- Basil (optional)

Instructions

1. In a large pot, heat oil over medium-high heat. Add onions, carrots and celery. Cook, stirring often for 5-7 minutes or until onions are translucent.
2. Add garlic and cook for 30 seconds.
3. Add all ingredients through water into pot and cover. Bring to a boil, reduce heat and cover.
4. Simmer for 15 minutes or until vegetables are tender. Add pasta and cook until al dente.
5. Remove from heat and take out bay leaf.
6. Serve each bowl with a small amount of spinach and top with Parmesan and fresh basil if desired.

Yield: 8 – 1 cup servings

Pinto Bean Taco Soup

Ingredients

- 1 pound Ground Beef
- 1 Onion, chopped
- 1 package Low-Sodium Taco Seasoning or Make Your Own
- 1/2 c. Green Pepper, chopped
- 1 16-ounce can Corn, drained, rinsed
- 1 16-ounce can Pinto Beans, drained, rinsed
- 1 14-ounce can Stewed Tomatoes, undrained
- 1 14-ounce can Diced Tomatoes, undrained
- 1 4-ounce can Diced Green Chilies
- 1 1/2 c. Water

Instructions

1. Brown meat, onion and green pepper; drain excess fat.
2. Stir in taco seasoning, corn, pinto beans, tomatoes and green chilies.
3. Add water and simmer on low heat for 20 to 30 minutes.
4. Serve with tortilla chips and other favorite taco toppings.

Yield: Makes 8 servings

Roasted Turkey & Rice Soup

Ingredients

- 1 c. Roasted Turkey, chopped
- 4 Celery Stalks, chopped
- 4 Carrots, peeled and sliced
- 1 medium Onion, chopped
- 1 Chicken Bouillon Cube
- 1 tsp. black pepper
- 4 c. Water
- 1 Tbsp. Butter or Oil
- 1 c. uncooked Brown Rice or Wild Rice
- 1 (15-oz.) can Green Beans, drained and rinsed

Instructions

1. In a large pot over high heat, add the roasted turkey, celery, carrots, onion, bouillon cube, black pepper and 4 cups of water. Bring to a boil, reduce the heat and cook over low heat for 30 minutes.
2. Cook rice according to the package directions in a separate pot. Add cooked rice and green beans to the soup and stir.
3. Cook for about five minutes until heated through.

Yield: 8 servings

Tomato Basil

Ingredients

- 1 medium chopped Onion
- 1 Tbsp. Olive Oil
- 2 crushed Garlic Cloves (or 1/4 tsp. garlic powder)
- 1 15.5-ounce can Tomatoes, drained and chopped
- 1 pinch ground Red Pepper
- 1 tsp. dried Basil
- 2 c. Nonfat Milk
- Salt and Pepper to taste

Instructions

1. In a medium saucepan, cook onion in oil over medium heat, stirring until golden brown, about four minutes.
2. Add garlic and cook one minute longer.
3. Add chopped tomatoes. Cook uncovered over medium heat for 10 minutes.
4. Spoon three-fourths of the mixture into a food processor or blender and puree until smooth – if desire smoother texture. Return blended mixture to saucepan with remaining soup mixture.
5. Add red pepper, basil and milk. Heat until hot, but do not boil. Season to taste with salt and pepper.
6. Serve immediately.

Yield: 4 servings

Wild Rice Soup

Ingredients

- 2 tablespoons Butter
- 1 cup each diced Carrots, Onions and Celery
- 3 tablespoons All-Purpose Flour
- 3 cups hot Chicken Broth
- 1 cup cooked Wild Rice, drained
- 1 cup cubed cooked Chicken
- 1 teaspoon Thyme, crushed
- 1 cup stemmed fresh Button Mushrooms, cubed
- 2 tablespoons fresh Parsley, chopped
- 1 tablespoon Olive Oil
- 2 teaspoons White Wine Worcestershire Sauce
- 1 cup fresh or frozen Peas
- 2 teaspoons minced Orange Peel
- 3 tablespoons Slivered Almonds, toasted
- Salt and freshly Ground Black Pepper to taste

Instructions

1. Melt butter in Dutch oven and add carrots, onions and celery. Sauté about 5 minutes; add flour and cook about 5 minutes more, stirring constantly.
2. Add broth and stir to loosen roux from bottom of pan.
3. Add wild rice, chicken and thyme; let simmer for about a half hour, stirring frequently.
4. Meanwhile, sauté mushrooms and parsley in olive oil and Worcestershire sauce about 5 minutes; add to soup, along with peas, orange and almonds.
5. Season with salt and freshly ground black pepper to taste before serving.

Yield: 6 servings

Loose-Leaf Green Lettuce Salad with Apple Cider Vinegar Dressing

Ingredients

2 tsp. mild-flavored vegetable oil, such as canola oil or sunflower oil

1 tsp. apple cider vinegar

1/2 tsp. sugar

2 c. loose-leaf lettuce, rinsed thoroughly and drained

Optional add-ins: sliced radishes, finely sliced apples, mandarin oranges, cranberries, chopped pecans

Instructions

1. Whisk oil, vinegar and sugar together in small bowl.
2. Prepare lettuce and add-ins in separate bowl – may make individual bowls or serve family style.
3. Serve immediately or keep cold until serving time. Add dressing when serving.

Yield: 4 servings

No Yeast Bread

Ingredients

- 4 cups All-Purpose Flour
- 2 tsp Baking Powder
- 1 tsp Salt
- 1 1/3 cup Milk (may use Powdered Milk, prepared)

Instructions

1. Heat the oven to 375 degrees. Place a baking sheet in the oven to heat.
2. Mix the dry ingredients. Stir in the milk and bring the dough together by stirring the ingredients until the milk is mixed with flour and forms a dough. It's easiest to do this with your hands rather than a wooden spoon.
3. Turn the dough out onto your work surface and knead briefly until the dough has a uniform consistency.
4. Shape the dough into a round disc about an inch to an inch and a half (about 3cm) thick and deeply score the top with an X. **This is important! Don't make a round ball of dough as it won't cook in the middle.**
5. Bake on baking sheet at for about 35 minutes until pale brown and sounding hollow when tapped on the bottom.

Recipe Notes: **Important! We cannot stress enough that the dough needs to be a flat pancake - not more than 1.5" (3cm) deep when it goes into the oven, or it will not cook properly in the middle. Below is a picture of the dough formed and scored before baking!**



7 steps to Creating a Healthy Soup

A steaming bowl of soup is a hearty, healthful meal. You can use food from your pantry, freezer or leftovers from your refrigerator to make a tasty soup in about 30 minutes following these easy steps. Each pot of soup serves about four adults. The nutritional value varies depending on the ingredients you choose.

1. Choose *one* fat.

- a. 2 Tbsp. canola, sunflower, olive or other oil OR 2 Tbsp. butter OR 2 Tbsp. margarine
- b. Heat in large pot on stove

2. Rinse and chop one medium onion.

- a. Add to pot and cook over medium heat until tender.

3. Choose one broth. Add to pot.

- a. 2 (16-ounce) cans chicken, beef or vegetable broth
- b. 4 c. water plus chicken, beef or vegetable bouillon or soup base prepared according to manufacturer's directions
- c. 1 (16-ounce) can crushed or diced tomatoes and 3 cups water
- d. 4 c. milk and chicken bouillon or soup base prepared according to manufacturer's directions

4. Choose *one* protein. Add to pot.

- a. 1 pound cooked (or leftover) chopped/diced beef, chicken, ham, lean sausage, etc.
- b. 1 (16-ounce) can beef, chicken, ham
- c. 1 (16-ounce) can beans (pinto, kidney, navy, black, etc.), drained and rinsed

5. Choose *one* starch. Add to pot.

- a. 3 to 4 c. diced potatoes
- b. 4 ounces egg noodles, macaroni, pasta (or 1½ c. leftover cooked noodles)
- c. ½ c. uncooked rice (or 1½ c. leftover cooked rice)

6. Choose a mixture of 2 to 3 c. chopped vegetables (fresh, frozen or canned). Add to pot.

Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cooked or canned beans, such as kidney, pinto or black beans
Corn

Green pepper
Green beans
Mushrooms
Peas
Squash
Zucchini

7. Choose *one or more* seasonings, add to pot and simmer 20 to 25 minutes or until vegetables are tender.

- a. 1 to 2 tsp. dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)
- b. Bay leaf (remove before serving)
- c. Minced garlic
- d. 1 to 2 Tbsp. fresh herbs (add five minutes before serving)

Menu idea:

Black bean and corn soup, whole-grain bread or crackers, sliced apples and low-fat or fat-free milk

A few ideas:

Chicken and rice soup: Combine onion, celery, carrots, chicken, rice, chicken broth, rosemary, parsley and garlic.

Beef and vegetable soup: Combine leftover roast beef or browned ground beef, onion, potatoes, carrots, celery, crushed tomatoes, beef broth, oregano, basil, parsley and bay leaf.

Black bean and corn soup: Combine onion, green pepper, corn, green chilies, canned black beans (drained and rinsed), rice, crushed tomatoes, chicken broth, oregano, cumin, chili powder, cilantro and garlic.

Cream of broccoli or potato soup: Combine onion, broccoli or potato, celery, cheese, milk, chicken bouillon and garlic. Mash or blend together.