



HOMEMADE *Chicken Soup*



Soup is an easy and delicious way to eat healthy and use fresh, frozen, canned or leftover ingredients.

THE INGREDIENTS

Chicken bouillon

Bouillon is a quick and easy base for many soups - ready to flavor!

Rice

Rice will soak up the flavors of the broth and make it extra hearty.

Carrots, peas & corn

The same essential nutrients as fresh, but without the moisture. These veggies still contain fiber and essential vitamins and minerals.

GET CREATIVE

Add your favorite ingredients, flavors and seasonings to make it your own.

You might include basil, parsley, cilantro, curry powder, pepper, soy sauce, hot sauce, or your favorite sauce or seasoning - without salt or sugars. Yogurt and coconut milk works too!

SOUP HAS THE GOODS

Fiber keeps you full

Fiber from vegetables helps you feel fuller longer. To amp up your fiber, add leafy greens (kale, spinach, collards), sweet potatoes, beans, celery or peas or any veggies to your soups. Have fun!

The Truth about Alliums

Alliums are onions, garlic, leeks, scallions, and shallots. They have been used for centuries for their powerful health benefits - and to add delicious flavor.

Herbs & spices for what ails you

Soup is a comfort food, and it can be even more delicious and nutritious with herbs & spices. Add your favorites - rosemary, sage, chiles, curry, parsley, oregano, or herb and spice blends to amp up the nutrition and the flavor.

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THE FINAL STEP

Flavor balancing - make it delicious!

To make a truly delicious soup, explore flavor-balancing techniques to tantalize your taste buds. Salt and pepper will enhance natural flavors, and lemon, lime or vinegar will brighten up your soup.



WHY SOUP?

Maintains nutrients

When you boil vegetables, they can lose some of the nutrients. But when you make soup, those nutrients stay in the pot. So, not only do you get a delicious meal, you get one that is good for you!

A variety of protein

Soup is open to ideas. Add bite-sized, chopped, shredded meat, chicken, fish, shrimp or sausage. Create meatballs. Add beans or lentils. The choice is yours.

Frozen or fresh

When fresh produce costs too much or are not available, choose frozen vegetables! They're flash-frozen, locking in their nutrients, making them an excellent choice for soup. You can buy them whole or pre-chopped, a big time-saver.

Leftovers

Make use of your leftover ingredients by adding them to a soup or stew.

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