

# 7 STEPS TO A GREAT SOUP

Create a tasty soup from simple foods you may have on hand!  
Choose an item from each category and follow the directions.  
Each pot of soup serves 4 adults.



## Choose 1 fat

2 Tablespoons of vegetable oil, butter or margarine

STEP  
01



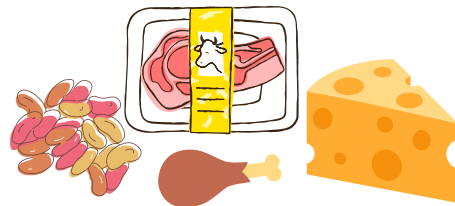
## Choose 1+ vegetables (2-3 cups, chopped)

**Fresh, frozen, or canned**  
(i.e. celery, green beans, peas, corn, zucchini, green pepper, carrots, squash)

STEP  
02

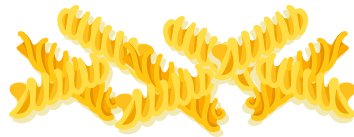
## Add 1 medium chopped onion

STEP  
03



## Choose 1 protein

1 pound beef, chicken, ham, sausage, etc.  
1 (16 oz.) can of beef, chicken, ham  
1 (16 oz.) can beans  
1 cup grated cheese



STEP  
04

## Choose 1 starch

3-4 cups diced potatoes  
2 (16 oz.) cans beans (pinto, kidney, black, white, chick peas, hominy, etc.)  
• 4 oz. whole grain egg noodles, macaroni, pasta  
• 1/2 cup uncooked brown rice

STEP  
05

## Choose a broth, 4 cups (16 oz.)

Reduced sodium chicken, beef, vegetable broth

Water and chicken, beef or vegetable bouillon (lower sodium)

1 can crushed or diced tomatoes (lower sodium or fresh tomatoes) and 3 cups water

Low-fat milk and chicken bouillon (lower sodium)

Any combination of above to make 1 quart

STEP  
06

## Choose seasonings

1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)  
Bay leaf  
1-2 tablespoons fresh herbs  
Minced garlic

STEP  
07

## Directions:

1. Heat fat in a large soup pot. Add onion and cook until tender.
2. Add remaining ingredients (except fresh herbs).
3. Partially cover pot and simmer until meat is cooked and starch and vegetables are tender (about 20-30 minutes).
4. Add fresh herbs. Season with salt and pepper to taste.
5. Simmer another 5 minutes and serve.



# Lemon Chicken Chickpea Soup

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## INGREDIENTS

- 1-pound boneless chicken breast
- 1 yellow onion, quartered
- 2 large garlic cloves, minced
- Extra virgin olive oil
- Kosher salt
- 2 carrots, peeled and thinly sliced into rounds
- 2- 15.5 oz canned chickpeas/garbanzo beans
- 1 teaspoon coriander
- ½ teaspoon ground ginger
- ½ teaspoon turmeric
- 2 cups baby spinach
- Juice and zest of 2 lemons

## DIRECTIONS

1. In a large Dutch oven or pot, add a couple tablespoons extra virgin olive oil and warm over medium heat. Add the minced garlic, carrots, and spices.
2. Add shredded chicken to the pot. Stir to combine.
3. Add cooking broth and bring to a boil, then lower the heat to medium-low, and cover partly. Cook for another 15 to 20 minutes (the carrots should be tender and cooked through).
4. Stir in the spinach, herbs, and lemon juice and zest. Transfer to serving bowls. Enjoy!

### Variations:

- Add more vegetables! Add chopped celery or small-cubed zucchini, potatoes, or small broccoli florets.
- Add a grains instead of beans to bulk up the chicken soup. Orzo pasta cooks faster, so you can either cook it in advance and add some to individual servings of soup, or add the uncooked orzo to the soup about 7 to 9 minutes before the soup is finished cooking.