

# Soup



Roasted red pepper bisque



Seafood Chowder with Shrimp



Chicken broth

Soup is a comfort food that is perfect for a cold day or when you're in a bind at dinner. It is a versatile food that can incorporate a variety of foods such as proteins, legumes, grains and vegetables. Soups can be used as an appetizer, side dish or main entrée. It can be thick and hearty, smooth and creamy, or savory.

## Types of Soup

*Broth based:* Thin soups made of clear stock and often served with vegetables, meat or seafood.

*Bisque:* Traditionally a creamy soup that is made with crustacean such as lobster, shrimp, or crab, that is ground into a paste and stirred into the broth. Recently bisque recipes have evolved to a creamy soup with ingredients blended such as butternut squash or tomato bisque.

*Cream (of):* This type of soup typically starts with a roux and thinned with milk, broth or cream. The base flavor of cream soups typically goes together with the main ingredient such as chicken, mushroom, broccoli or celery.

*Chowder:* Creamy soup that is traditionally made with seafood but can also be vegetable-based. It is typically made with cream or milk and is thickened with a roux, crushed crackers or root vegetable such as potato.

## Health Benefits

The specific ingredients in soups are key to how healthy they can be. Soup broths made with vegetables, meats or bones provide essential vitamins, nutrients and mineral, which means less calories and added fats. Increasing intake of vegetables can limit weight gain and lower chances for Type 2 diabetes, certain cancers and heart disease.

Most soups usually have some sort of vegetable or produce added to them for texture, flavor and nutritional purposes. Eating

soup more frequently may lead to a reduced intake of fat and increase protein and fiber intakes. It may also help to reduce hunger and increase hydration.

## Get Creative!

Get creative with the seasonings and spices. Consider incorporating seasonings such as black pepper, garlic powder, cumin, dill, basil, ginger, bay leaves, coriander and onion. Choose minced or powdered versions of garlic and onion instead of the salted versions.

Aim to choose no-salt added or low sodium broths as well as canned beans and tomatoes. Make sure to read the Nutrition Facts label and compare different products, especially the sodium content. Make healthier substitutions with low-fat cheese and sour cream and whole wheat pastas and rice. Consider substituting plain Greek yogurt for sour cream or adding in mashed legumes as a thickener.

## Let's Get Cooking!

Soups can be a healthy and inexpensive meal and don't require a lot of ingredients. They can be cooked on the stove in less than 30 minutes or simmered in the crockpot during the day.

Keep staple foods onhand that will make it convenient to stirup a batch of soup when you're in a bind. Pantry items include broths, canned tomatoes, tomato paste, whole-wheat pasta, rice, beans, potatoes, onions and olive oil. Refrigerator staples include carrots, milk, cheese, lemons or limes. Freezer foods such as vegetables and leftover cooked meat are great additions and convenient to have onhand.

Refrigerate homemade soups and eat within 3-4 days. Freezing soups is easy and convenient to have later on. Place leftover soup in a freezer bag and lay flat in your freezer. This will help remove excess air and take up less room.

## Soups for the Soul

*Tomato Soup* – Its main health benefits come from the antioxidant lycopene which helps to compact the negative effects of free radicals in your body. High level of free radicals can be linked to increase risk and development of Type 2 diabetes and heart disease. There is some research that shows tomato soup helps with your immune system, increases heart health and lowers your chance of certain types of cancer. Remember to aim for homemade or low-sodium canned versions.

*Chicken Noodle Soup* – This soup is an All-American favorite. Studies suggest this soup might help clear up a stuffy nose when you are sick. Chicken noodle soup can regulate your appetite, boost your metabolism and reduce body fat. Remember to aim for homemade or low-sodium canned versions.

*Bone-Based Broth Soups* – These soups are highly nutrient dense with collagen, magnesium and calcium. Since this soup contains collagen, some research suggests it can have a positive impact on skin, bone and joint health.

Soups can be an easy and nutritious addition to our diets. Keeping staple ingredients onhand and getting creative with different recipes and seasonings can create a uniquely delicious meal each time.

Sources: [www.unl.edu](http://www.unl.edu), [www.tasteofhome.com](http://www.tasteofhome.com) and [www.healthline.com](http://www.healthline.com)



# Tomato Soup

(Yields 2 cups)

### Ingredients:

2 28 oz. can low-sodium diced tomatoes	1 Tbsp. dried oregano	2 Tbsp. olive oil
1 Tbsp. dried basil	2 cloves garlic, minced	1 Tbsp. balsamic vinegar
1 tsp. salt and black pepper to taste		

### Directions:

1. Preheat a medium pot on medium-low heat and swirl olive oil to coat. Add garlic, oregano and basil. Sauté for 30 seconds, stirring constantly.
2. Add canned diced tomatoes, balsamic vinegar, salt and pepper and let simmer for 3 minutes or until warmed through.
3. \*Low-sodium tomato sauce works great in place of diced tomatoes.

Source: <https://ifoodreal.com/healthy-tomato-soup-recipe>