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Simply Soups



University of
Connecticut

Cooperative Extension System
College of Agriculture and Natural Resources

Corn Chowder

Makes 4 to 6 servings

- 1 medium onion, chopped very fine
- 1 can cream of mushroom or potato soup
- 2 soup cans of low fat milk
- 1 can (any size) creamed corn
- 1 can corn kernels, rinsed and drained

Optional:

- 1 potato, peeled and cut into very small cubes. Use cooked, leftover potato if you like.
 - 1 can sliced or chopped mushrooms.
 - Canned, cooked or frozen lima beans or other beans.
1. In a medium pan or soup pot, add onion, soup, milk and potato (if available).

2. Cook over medium heat until onion is tender, about 15 minutes.

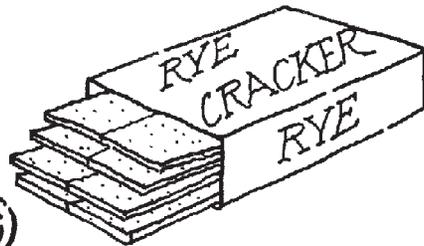
3. Add creamed corn, kernel corn and mushrooms (if you like). Simmer for about 5 minutes until hot.

4. Add extra vegetables if you like.

Note: Use dry milk or evaporated skim milk in place of regular milk.
Mix according to package directions.

Nutrition Facts

Serving Size 1 1/4 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	9%
Cholesterol 5mg	1%
Sodium 730mg	30%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	10%
Sugars 9g	
Protein 6g	
Vitamin A 4%	• Vitamin C 15%
Calcium 10%	• Iron 6%



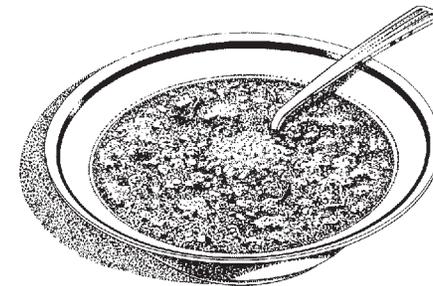
MENU
Corn Chowder
Whole Grain Bread or Crackers
Coleslaw
Canned Fruit

Other Ideas:

- Use low sodium soup and rinse canned vegetables for lower salt.
- Use nonfat dry milk mixed with water (1/2 cup dry milk and 1 can of water).
- Use evaporated skim milk in place of regular milk.
- Use cream of celery or cream of potato soup in place of cream of mushroom soup.
- Add a can of white beans (drained) for extra fiber and protein.
- Use chopped spinach in place of broccoli.
- Add a pinch of herbs for flavor, such as basil, thyme or oregano.
- Use other cheese such as Monterey Jack, Swiss, Meunster or Colby.
- Add cooked meat, chicken or fish to soup.
- Serve over pasta, toast, potatoes or cooked rice.

MENU

Cream of Broccoli Soup
Tossed Salad
Oatmeal Bread or Rolls
Fresh Orange or Other Fruit



Cream of Broccoli Soup

Makes 4 servings, 1 1/4 cup each

- 1 (10 ounce) package frozen chopped broccoli or 2 cups cooked broccoli
- 1 small can carrots or mixed vegetables (drained) or 1/2 cup fresh sliced carrots
- 1 (10 ounce) can cream of mushroom soup
- 1 soup can of low fat milk
- 1/4 to 1/2 cup cheddar cheese, cut into cubes

1. In a saucepan, prepare broccoli according to directions. Drain off excess water. Or use cooked fresh broccoli.
2. Add carrots and cream of mushroom soup plus one can of milk to the broccoli. Stir over low heat until steaming hot.
3. Add cheese, stirring until melted.

Nutrition Facts

Serving Size 1 1/4 Cup
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3.5g **18%**

Cholesterol 15mg **5%**

Sodium 440mg **19%**

Total Carbohydrate 16g **5%**

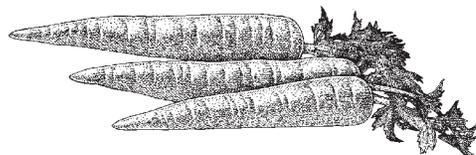
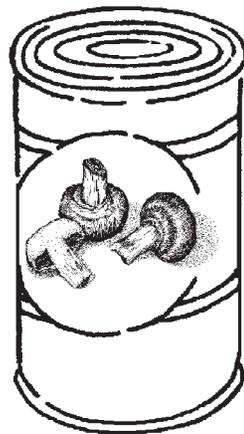
Dietary Fiber 4g **17%**

Sugars 8g

Protein 10g

Vitamin A 130% • Vitamin C 70%

Calcium 25% • Iron 6%



Quick and Easy Black Bean Soup

Makes about 6 servings

- 2 cans black beans, drained and rinsed
- 1 can low-salt chicken or vegetable broth
- 1/2 can water
- 1 cup stewed or other canned tomatoes
- 1/2 cup bottled salsa (mild or hot!!)
- 1 Tablespoon chili powder

1. Pour rinsed beans into a pan. Mash with a potato masher or fork.
2. Add broth, water, tomatoes, salsa and chili powder.
3. Bring to a boil, lower heat. Cover and simmer slowly for about 15 minutes.

Other Ideas:

- Use other cooked or canned beans instead of black beans.
- Add frozen or canned vegetables such as corn, green beans or peas.
- Use other fresh vegetables in season such as green pepper or zucchini.
- Top with freshly grated or thinly sliced cheese.
- Add fresh cilantro and chopped scallions if you like.

MENU

Quick and Easy Black Bean Soup
Cheese Quesadillas
Celery Sticks
Bread Pudding

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6-7

Amount Per Serving

Calories 200 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **6%**

Cholesterol 5mg **2%**

Sodium 560mg **23%**

Total Carbohydrate 34g **11%**

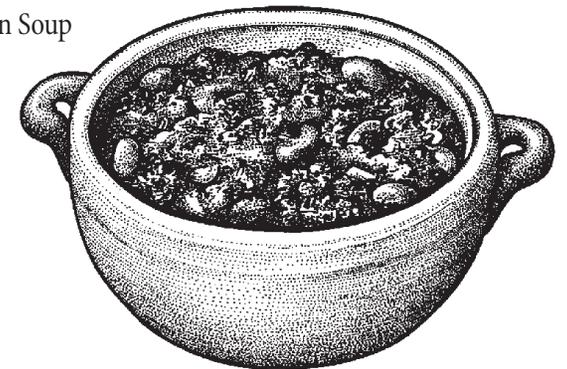
Dietary Fiber 11g **46%**

Sugars 6g

Protein 13g

Vitamin A 15% • Vitamin C 10%

Calcium 6% • Iron 15%



Spicy Minestrone Soup

Makes 8 servings, 1 1/2 cups each

- 1 can tomato soup
- 1 can beef or chicken broth
- 1 can stewed/diced tomatoes
- 3 cups of water
- 1 can kidney beans or pinto beans, drained
- 1 can mixed vegetables, green beans or carrots, drained
- 1/2 cup uncooked macaroni or other pasta

Optional:

- 1 teaspoon Worcestershire sauce
- 2 Tablespoons salsa
- 1 teaspoon garlic powder
- 1 teaspoon oregano or Italian seasoning

Combine soup, broth, tomatoes, water, beans, vegetables, pasta and seasonings in a saucepan. Heat over medium heat for about 10 minutes or until pasta is tender.

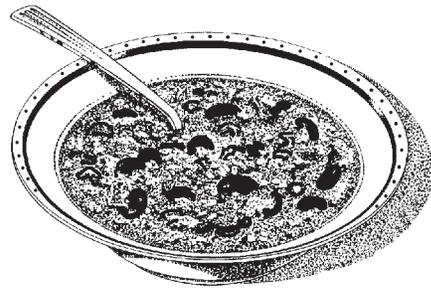
(Note: Use 1 cup cooked pasta, noodles or rice instead of dry pasta. Add during the last 2 or 3 minutes of heating.)

Other Ideas:

- Add fresh zucchini or summer squash, green peppers or other vegetables in season.
- Use low sodium soup, broth, tomatoes or vegetables to cut down on salt.
- Add leftover cooked meat or chicken.

MENU

Spicy Minestrone Soup
Tossed Salad
Chocolate Bread Pudding



Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 150 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 620mg **26%**

Total Carbohydrate 28g **9%**

Dietary Fiber 7g **28%**

Sugars 5g

Protein 8g

Vitamin A 90% • Vitamin C 45%

Calcium 4% • Iron 8%

Green Bean Soup

Makes 8 servings, 1 1/4 cups each

- 2 cans (14 ounce) green beans, drained
- 1/4 teaspoon garlic powder
- 1 teaspoon dried parsley, basil, oregano or Italian seasoning
- 2 cups water
- 2 thin slices of cooked ham, chopped (optional)
- 1 can tomato soup
- 2 cans water
- 1/2 cup sour cream (optional)
- Grated parmesan or other cheese, to taste

1. In a pot, combine green beans, garlic, herbs and water. Cook until beans are tender.
2. Add soup, water and sour cream. Heat completely.
3. Serve hot with grated cheese on top.

Other Ideas:

- Use canned mixed vegetables, canned peas, canned kidney beans or other canned or frozen vegetables instead of or in addition to the green beans.
- Add leftover cooked vegetables such as carrots, potatoes, broccoli or corn.
- Add sauteed onion, green pepper or mushrooms.
- Use plain yogurt in place of sour cream.
- Use cream of celery or mushroom or potato soup in place of tomato soup.

MENU

Green Bean Soup
Toasted Cheese Sandwich
Carrot Sticks
Frozen Yogurt

Nutrition Facts

Serving Size 1 1/4 cup
Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 3g **15%**

Cholesterol 20mg **6%**

Sodium 650mg **27%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 5g

Vitamin A 15% • Vitamin C 40%

Calcium 8% • Iron 10%

