



Soup's On Recipe Book

Soup's On is a University of Florida's Institute of Food and Agriculture Sciences Extension education program developed by Shelley Swenson, UF/IFAS Wakulla County Family and Consumer Sciences Agent, in conjunction with the Liberty County and Leon County FCS Agents

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Wakulla County Empty Bowl Event, 2012

Chicken Wild Rice Soup

Furnished by Elma Gillette, representing Ocklockonee United Methodist Church

- Prep: 10 min. Cook: 40 min.
- Yield: 14 Servings

Ingredients

- 2 quarts chicken broth
- 1/2 pound fresh mushrooms, chopped
- 1 cup finely chopped celery
- 1 cup shredded carrots
- 1/2 cup finely chopped onion
- 1 teaspoon chicken bouillon granules
- 1 teaspoon dried parsley flakes
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried thyme
- 1/4 cup butter, cubed
- 1/4 cup all-purpose flour
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1/2 cup dry **white wine** or additional chicken broth
- 3 cups cooked wild rice
- 2 cups cubed cooked chicken

Directions

- In a large saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.
- In Dutch oven, melt butter; stir in flour until smooth. Gradually whisk in broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Whisk in soup and wine. Add rice and chicken; heat through. **Yield:** 14 servings (3-1/2 quarts).

Nutritional Facts 1 serving (1 cup) equals 154 calories, 6 g fat (3 g saturated fat), 27 mg cholesterol, 807 mg. sodium, 14 g carbohydrate, 2 g fiber, 10 g protein.



Wakulla County Empty Bowl Event, 2012

Roasted Vegetable Soup

Furnished by Shelley Swenson, UF/IFAS Wakulla County Extension FCS Agent

Cooking time: 1 hour (15 minutes active)

Servings: 6

Ingredients

- 2 large yellow onions, cut into wedges
- 2 medium zucchini, diced
- 2 medium summer squash, diced
- 4 large carrots, peeled and diced
- 2 medium potatoes, peeled and diced
- 2 tablespoons vegetable oil
- Salt and ground black pepper
- ½ teaspoon ground cumin
- 1-quart low sodium vegetable broth
- Low-fat sour cream
- Chopped fresh cilantro, to serve

Directions

1. Heat the oven to 400° F
2. In large bowl, combine the onions, zucchini, summer squash, carrots, and potatoes. Drizzle with the oil, then sprinkle with salt, black pepper, and the cumin. Toss to combine
3. Spread the vegetables evenly over 2-rimmed baking sheets. Roast until tender and browned, 30-40 minutes.
4. Working in batches, transfer the vegetables to a blender and puree until smooth. For each batch, pour a bit of the broth to help puree.
5. As each batch is pureed, remove any fibrous bits by pouring it through a mesh strainer and into a large saucepan. When all the batches have been strained, set the saucepan over medium heat, stir in any remaining broth and bring to a simmer. Season with salt and pepper, then ladle into bowls. Garnish with sour cream and chopped cilantro.

Nutrition information per serving: 160 calories, 45 calories from fat (28 percent of total calories); 5 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 24 g carbohydrate; 4 g fiber; 9 g sugar; 6 g protein; 260 mg sodium.



Wakulla County Empty Bowl Event, 2012

Vegetable Beef Medley

Furnished by Wakulla County Habitat for Humanity

Recipe makes 1-gallon/16 servings

Serving Size: 1 cup

Ingredients

- 2 lb. ground chuck
- 2 medium bay leaves
- 2 chopped onions
- 2 tablespoon season all (McCormick's)
- 2 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon thyme
- 3 quarts water + 2 Tablespoon tomato paste
- 1 can lima beans (drained and washed)
- 1 can cut green beans (drained and washed)
- 1 can whole kernel corn (drained and washed)
- 1 can "Veg-all" (drained and washed)
- 1 can crushed tomatoes OR 1 large 28.5g
- 4 tablespoon alphabets pasta

Instructions

1. Brown meat in pot until done.
2. Drain off fat and add bay leaves, chopped onions, Season All, salt, pepper, and thyme. Stir and let sit for 10-15 minutes.
3. Add water, tomato paste, alphabet pasta and cook over low heat for 15 minutes.
4. Add the vegetables and simmer for 40 minutes.

*You can add more vegetables if you like – northern beans, black-eyed peas, chili beans, cabbage, peas

Nutrition facts per serving:

269 calories, 13.6 g total fat (5.3 g saturated fat), 46.4 mg cholesterol, 732 mg sodium, 551 mg potassium, 22 g carbohydrate, 4.8 g fiber, 15.7 g protein, 54 mg calcium, 48 mg magnesium, 3.7 mg iron



Wakulla County Empty Bowl Event, 2012

Wakulla Springs Lodge Navy Bean Soup

Furnished by Wakulla Springs Lodge

Servings: 16

Serving size: 1 cup

Ingredients

- 1 pound Navy Beans (washed)
- 1 smoked ham hock
- 3 quarts water
- 1 pint chicken broth
- 1 pint beef broth
- 3 onions, finely chopped
- 4 stalks of celery, finely chopped
- 3 carrots, finely chopped
- 3 cloves of garlic, finely chopped
- 1 pound of ham, finely chopped

Directions

1. In large pot add 1 pound Navy beans, 1 smoked ham hock, 3 quarts water, 1 pint chicken broth and 1 pint beef broth. Bring to a boil, then reduce heat and simmer for 2 hours
2. Remove the ham hock from the pot, stir in the remaining ingredients and simmer for one more hour or until the beans are tender.
3. Adjust the seasoning with salt and pepper and serve.

Nutrition information per serving:

144 calories, 4.4 g total fat, 1.5 g saturated fat, 24.7 mg cholesterol, 386 mg sodium, 436.6 mg potassium, 15.3 g carbohydrate, 4.9 g fiber, 12.5 g protein, 49.5 mg calcium, 42.8 mg magnesium, 1.5 mg iron

*Sodium content difficult to determine due to addition of ham hock for flavor.



Wakulla County Empty Bowl Event, 2012

Root Soup (Vegetable Barley for the Event)

Furnished by Madeleine Carr

(She credits the Jan Brody Good Food Book.)

4 small white turnips, peeled

2 parsnips, scraped,

2 carrots, scraped

2 onions

1/2 cup chopped parsley

1/2 cup barley

4 cups chicken or vegetable broth (or 4 cups water and 2 bouillon cubes)

1 tablespoons dried basil

2 dashes Tabasco OR cayenne, to taste

1/8 tsp. curry (optional)

Freshly ground black pepper and salt, to taste

2-3 tablespoons snipped dill

Grate the turnips, parsnips, carrots, and onions

Put these into a large saucepan, Add parsley, barley, broth, basil, and bring the soup to a boil. Reduce heat, cover pan, simmer for 1-2 hours; add water as necessary.

Stir in Tabasco or cayenne, curry, salt, and pepper, Sprinkle with dill before serving.



Souper Duper

BY KATE SHERWOOD

Making a great-tasting soup is a snap. Making one that's delicious and that won't soak up your salt allowance for the whole day is another matter entirely. Here are three that fit the bill perfectly. 🍴

Got a question or suggestion? Write to healthycook@cspinet.org.

Tortilla Soup



For the most tender chicken, keep the burner low enough so that all you see are the occasional "lazy bubbles" gurgling up from the bottom of the pot.

- 8 cups low-sodium chicken broth
- 1½ lbs. boneless, skinless chicken breast
- 6 cloves garlic, thinly sliced
- 2 chili peppers, more to taste, thinly sliced
- 1 tsp. kosher salt
- 2 cups corn, from 2-3 cobs or thawed from frozen
- 2 cups cherry tomatoes, chopped
- 1 avocado, cubed
- ¼ red onion, diced
- 2 limes (½ lime for juice, 1½ limes cut into 12 wedges)
- 1 cup cilantro leaves
- 2 oz. unsalted tortilla chips

In a large pot over high heat, bring the broth to a boil. Reduce the heat to very low. Gently simmer the chicken (well below a boil) until it's fully cooked, about 15 minutes. Remove the chicken from the broth and set aside. Stir the garlic, chilies, salt, and corn into the broth.

Gently toss together the tomatoes, avocado, onion, and juice of half a lime. Once the chicken is cool enough to handle, shred the meat, add it to the broth, and stir in the cilantro.

Garnish the soup with the avocado mixture and the chips. Serve with lime wedges. Makes 12 cups.

PER SERVING (1 cup)

Calories: 170	Sodium: 240 mg
Total Fat: 6 g	Cholesterol: 30 mg
Sat Fat: 1 g	Carbohydrates: 14 g
Protein: 16 g	Fiber: 3 g

Cream of Broccoli



If you use a blender to purée the soup, hold the top down while it's running. The steam (from this or any hot liquid) can pop the lid and splatter the soup.

- 2 Tbs. extra-virgin olive oil
- 2 stalks celery, sliced
- 2 leeks, white and pale green parts only, well-rinsed and sliced
- 4 cloves garlic, chopped
- 2 lbs. broccoli
- ¾ lb. baking potatoes, peeled and sliced
- ¼ cup Italian parsley leaves
- 5 cups water
- 1¼ tsp. kosher salt
- ½ cup low-fat sour cream
- 1 oz. freshly grated Parmesan
- Freshly ground black pepper

In a large pot, heat the oil and sauté the celery, leeks, and garlic for 10 minutes on medium heat. Peel the broccoli stems' tough outer layer. Thinly slice the stems (reserve the florets).

Add the broccoli stems, potato, parsley, and water to the pot and bring to a boil over high heat. Reduce the heat to medium-low and simmer for 10 minutes. Add half the broccoli florets and simmer for another 5 minutes.

Steam or microwave the remaining florets until bright green and tender. Purée the soup with a hand blender or in a blender in several batches. Blend in the salt and sour cream.

Garnish with the florets, Parmesan, and black pepper. Makes 12 cups.

PER SERVING (1 cup)

Calories: 100	Sodium: 280 mg
Total Fat: 4 g	Cholesterol: 10 mg
Sat Fat: 1 g	Carbohydrates: 14 g
Protein: 5 g	Fiber: 3 g

Greek Lentil Stew



Red lentils make a beautiful, vibrant orange stew. If you use another kind, you may need to increase the cooking time.

- 3 Tbs. extra-virgin olive oil
- 12 cloves garlic, minced
- 8 scallions, chopped
- 1 6 oz. can tomato paste
- 1 tsp. dried mint
- 1 tsp. dried oregano
- 2 cups red lentils, rinsed and picked over
- 7 cups water
- 1 cup orange juice
- 8 sprigs dill, minced
- 6 oz. baby spinach
- 1½ tsp. salt
- Freshly ground black pepper
- Freshly squeezed lemon juice

In a large pot, heat the oil and sauté the garlic and scallions for 2 minutes on medium heat. Add the tomato paste and dried herbs and cook, stirring often, for 2 more minutes.

Add the lentils, water, and orange juice and bring to a boil. Simmer until the lentils are tender but not mushy, about 15 minutes. Stir in the dill and spinach and simmer for another 2 minutes. Season with up to 1½ tsp. salt, black pepper, and lemon juice to taste. Makes 12 cups.

PER SERVING (1 cup)

Calories: 180	Sodium: 290 mg
Total Fat: 5 g	Cholesterol: 0 mg
Sat Fat: 0.5 g	Carbohydrates: 27 g
Protein: 10 g	Fiber: 6 g

A Soup that Makes Itself

Simmer 2 drained and rinsed cans of no-salt-added cannellini or other white beans with a 1-quart box of low-sodium chicken or vegetable broth and 4 cloves of crushed garlic for 20 minutes. Stir in a bag of baby spinach. Drizzle with extra-virgin olive oil and top with a bit of freshly ground black pepper and grated Parmesan cheese.



Tortilla Soup

Soups Made Simple

Soup makes an easy lunch or dinner, and leftovers can be frozen for another day.

Use the chart below to choose ingredients from each category, then follow the chef's tips and step-by-step directions below to make your soup.

Protein 1 pound (diced meat)	+	Vegetables 2 cups, chopped	+	Liquid 4 cups	+	Whole Grains 1½ cups, cooked
Beef (shoulder, round or brisket)		Onions		Water		Brown rice
Chicken/Turkey (leg or thigh; boneless, skinless)		Greens (spinach, kale, collards, chard, etc.)		Low-sodium stock/broth		Whole wheat pasta
Pork (shoulder/butt)		Celery				Barley
Beans or lentils, cooked, or drained and rinsed from a can		Zucchini				Quinoa
		Tomatoes				
		Carrots				
		Mushrooms				
		Broccoli				

If using meat as your protein:

- Heat 1 Tablespoon vegetable oil in a soup pot over medium-high heat and sauté meat until lightly browned, about 5 minutes.
- Add the vegetables, reduce heat to medium, and sauté for 5 minutes. If using canned vegetables or thawed frozen vegetables, skip this step and add vegetables during step 4.
- Add liquid. Bring to a boil, then reduce heat and simmer for 25-30 minutes or until meat is cooked through. Stir occasionally to keep ingredients from sticking to the bottom of the pot.
- Add previously cooked grains during the last 5-7 minutes of cooking time, to warm through.

If using beans or lentils as your protein:

- Skip step 1 above. Then, follow the remaining steps, adding beans to the liquid in step 3, but shorten the total cooking time to 15 minutes.

Chef's Tips:

- Vegetables:** Softer vegetables like spinach or zucchini will cook faster, so add during the last 5-7 minutes of cooking time.
- Whole Grains:** Cook grains according to package instructions ahead of time, refrigerate, and add to soups you make that week.
- Seasonings:** In addition to salt and pepper, try adding herbs and spices such as dried thyme, parsley, or ground cumin — or kick up the flavor by adding some minced garlic, hot peppers, ginger, or citrus zest. When using fresh herbs, add them at the end of cooking time to keep the flavor fresh.