

Cent\$ible Nutrition News

Helping Families Eat Better for Less

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The Magic of Soup

As we make our way through the winter months, a bowl of hot soup can bring a bright, happy moment on long, chilly nights. Soup does not need to take all day; many soups are often simple and easy to make, allowing you to spend more time with family and less time at the stove. That being said, it can also be a great way to have your entire family help in the kitchen. Whether it's a simple broth-based soup or a hearty stew, below are some ways soup can benefit you and your family:

1. Soup can help meat stretch further.

Soup is an easy way to spread out your protein portions over multiple meals and cut

down on costs. Buying meat on sale? Make a batch of chili, soup, or stew that can be eaten right away, or refrigerated or frozen for a meal later.

2. Soup is an easy way to boost your veggie intake.

While it is true some cream-based soups can be high in sodium and saturated fat and should be limited to occasional meals, soup can be a great way to add vegetables to your meals. Substitute or fill out your soup with cooked lentils or beans. Add diced, sliced, or pureed veggies, or however your family enjoys them most!

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The Magic of Soup, Continued

3. Turn soup making into a family event.

Most soups are simple to make. As such, you can get the whole family involved. Create stations and give each family member a task- one person can cut vegetables; another can oversee stirring the pot. Teach your children a new skill and bring some fun to your dinner routine!

4. Soup is great when you are short on time.

Not everyone has hours to prepare a meal. Simply add in ingredients and let your slow cooker, Instant pot, pressure cooker, or stove do the rest! Add a salad and a grain, such as bread, and you have a perfect family-style meal ready in as little as 20 minutes.

Regardless of whether you are simply trying to warm up, looking for a nice comforting meal, or trying to save time, soup can be a great way to add nutrition to your diet and bring the whole family together.

Join CNP!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Classes are now available online and depending on the county, in-person. Find out more at: <https://uwyo.cn.org/cnp-online-classes/>.



Crockpot Bean Soup

Ingredients

- 4 cups cooked navy beans or 2 15-ounce cans
- 6 cups low-sodium broth
- 1 Tablespoon chopped garlic
- ½ large onion, minced
- 3 stalks celery, chopped
- ½ pound cooked ham, chopped or 1 meaty ham bone
- 1 teaspoon black pepper

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Add all ingredients to the crockpot.
3. Cover with lid and cook on high for 2-4 hours. Serve warm.

Makes 6 Servings

For more information on cooking dried beans, check out our recipe on the web: www.uwyocnp.org/crockpot-bean-soup



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