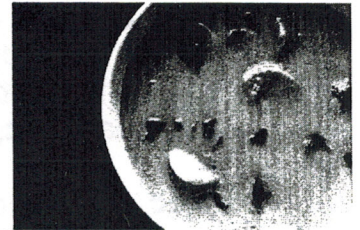


Simple ways to Boost a Can of Soup

Adding extra foods and leftovers to soup is a great way to make a more satisfying meal. Add the foods below while heating the soup to make sure they are heated all the way through.

Try adding:

- Cooked grains- rice, pasta, barley, quinoa, bulgur
- Cooked vegetables- potatoes, carrots, peas, corn
- Greens- spinach, cabbage, kale
- Cooked legumes- chickpeas, black beans, lentils, kidney beans,
- Cooked meat and meat alternatives- chicken, pork, beef, canned meats, hard-boiled egg



Recipe Ideas:

Black Bean Soup – Stir in ½ cup salsa and cooked rice into canned black bean soup as heating.

Chicken Soup- Add in any leftover cooked vegetables, rice, or meat from the night before.

Vegetable Soup- Add in leftover meat from the night before, or canned beans or chickpeas to help add some protein to the meal.

Pumpkin or Butternut Squash Soup – Fry sausage in large saucepan, add spices such as pepper or sage, add soup and heat.

Beef Soup- make into fast and easy version of French Onion Soup. Melt 1 Tbsp. oil or butter in med-high heat pan, add 2-3 sliced onions, cook 5 min. Add 2 Tbsp. water to take browning off pan, repeat again in 5 minutes, should be cooked in 15 minutes. Add onions to beef soup, serve with toast topped with melted cheese.

Split Pea Soup- Dice regular ham & crisp it in a large sauce pan with a small amount of oil. Add soup and heat.

Tomato Soup- Heat soup and add a hard-boiled or poached egg. Top with your favorite dried spices (basil, oregano, pepper) and cheese.