

CREATE YOUR OWN SOUP FROM WHAT'S ON HAND



Soup Stocks or Commercial Canned Soups

- chicken, beef or vegetable stock; homemade or canned broth
- canned cream soups; cream of mushroom, chicken, tomato, etc.

Approximately one cup of broth or prepared creamed soups per serving needed. If other liquids (tomato sauce, milk) will be added, take this into consideration.

Rice, Noodles or Macaroni

Add one of these to your soup:

Rice

2 cups water

1/2 tsp. salt

1 cup rice

Heat water and salt until boiling. Stir in rice. Cover and cook over low heat 25 minutes.



Noodles or Macaroni

3 cups water

1/2 tsp. salt

1 tsp. margarine

1 cup noodles or macaroni

Heat water with salt and margarine until boiling. Stir in noodles or macaroni.

Remove from heat and cover. After 15 minutes drain.



Vegetables (canned or frozen)

Add one or more of these:

- Green beans
 - Lima beans
 - Peas
 - Onions
 - Tomatoes
- Corn
Carrots
Potatoes
Celery



Meat or Beans

Add one or both of these:

Cooked or canned meats (remove fat).
Canned or cooked dried beans.

Tips for Making Soups:

- When preparing soups, bring ingredients to a boil but immediately reduce heat to simmer. Boiling soup too long causes too much liquid to evaporate and makes the meat tough and the vegetables fall apart. Simmer long enough to cook vegetables.
- Add a little bouillon to cream soup or weak homemade stock to increase flavor.
- Remove fat from soups. Cool soup then remove fat from on top.
- Whole herbs get stronger and ground herbs get weaker the longer the soup is cooked.



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