

MAKE YOUR OWN SOUP

Choose the ingredients and the amounts needed to make your own soup.

How many servings of soup do you need? (Double that number and serve soup another day) _____

Choose a Soup Stock (Approximately 1 cup/serving)

- ◆ Home- made chicken, beef or vegetable stock
- ◆ Canned or bouillon based soup broth
Choose sodium-reduced broth.
- ◆ Sodium-reduced canned creamed soups _____

Add Grains, Vegetables, Meats, and Beans to Soup Stock

Grains

- ◆ Rice
- ◆ Noodles
- ◆ Macaroni _____

Vegetables

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

Meat and Beans

- ◆ Chicken, beef, pork, fish
- ◆ Lentils, kidney beans, etc. _____



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

**University of Illinois * United States Department of Agriculture
* Local Extension Councils Cooperating**

University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.