



# K-State Extension Connection

## Soup Time – Formula For Creating Your Own

Barbara L. Ames

Wildcat District Extension Agent

Despite the warmish weather, winter is still soup time for many. A bowl of delicious, homemade soup tastes really great at the end of a long day, or even for lunch.

**Soup is an easy meal that can incorporate many healthy ingredients, and making homemade soup doesn't have to be intimidating or time consuming.** In fact, using this simple plan offered by Utah State University Extension, you can create a tasty soup without even using a recipe. It is also a good way to use up leftover meat or veggies.



**Here is a formula for making your own soup recipe,** and you can be as creative as you'd like ó or not. Each pot of soup serves 4 adults.

### **Step 1: Choose one fat**

2 tablespoons oil (vegetable, canola, olive), butter or margarine

### **Step 2: Add 1 medium chopped onion**

### **Step 3: Choose one or more other vegetables (2-3 cups, chopped)**

Celery, green pepper, green beans, carrots, peas, corn, zucchini, squash, mushrooms, cauliflower, broccoli, cabbage, etc. (fresh, canned, or frozen)

### **Step 4: Choose one protein**

- 1 pound beef, chicken, ham, sausage, etc. or
- 1 (16 oz) can beef, chicken, ham or
- 1 (16 oz) can beans (pinto, kidney, black, white, chick peas, hominy, etc.)
- 1 cup grated cheese

**Step 5: Choose one starch**

- 3-4 cups diced potatoes or
- 2 (16 oz) cans beans (pinto, kidney, black, white, chick peas, hominy, etc.) or
- 4 oz egg noodles, macaroni, pasta or
- ½ cup uncooked rice

**Step 6: Choose a broth** ó you need 4 cups (1 quart)

- 2 (16 oz) cans chicken, beef, and/or vegetable broth or
- 4 cups water and chicken, beef, or vegetable bouillon or
- 1 can crushed or diced tomatoes and 3 cups water or
- 4 cups milk and chicken bouillon
- Any combination of above to make 1 quart

**Step 7: Choose one or more seasonings**

- 1 ó 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)
- Bay leaf
- 1 ó 2 tablespoons fresh herbs
- Minced garlic

**Directions**

- Heat fat in large soup pot. Add onion and cook until tender.
- Add remaining ingredients (except fresh herbs).
- Partially cover pot and simmer until meat is cooked and starch and vegetables are tender (about 20 ó 30 minutes).
- Add fresh herbs. Season with salt and pepper to taste.
- Simmer another 5 minutes.
- Serve.

**Suggested Soup Combinations**

- Chicken & Rice soup - Combine onion, celery, carrots, chicken, rice, chicken broth, rosemary, parsley, and garlic.
- Beef and Vegetable soup - Combine onion, potatoes, carrots, celery, beef, crushed tomatoes, beef broth, oregano, basil, parsley, and bay leaf.
- Black Bean and Corn soup - Combine onion, green pepper, corn, green chilies, black beans, rice, crushed tomatoes, chicken broth, oregano, cumin, chili powder, cilantro, and garlic.
- Cream of Broccoli soup ó combine onion, broccoli, celery, cheese, milk, chicken bouillon, and garlic. Mash or blend together.

**Leftover soup makes a quick and easy lunch or dinner. To store leftover soup,** divide large amounts into small, shallow containers to aid in quick cooling, and refrigerate for 3-4 days. Or, divide, freeze and use within 2-3 months, leaving 1/2-inch space in your freezer container to allow for expansion.

For more information, contact the Wildcat Extension District, Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at [facebook.com/wildcat.extension.district](https://www.facebook.com/wildcat.extension.district).

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