

Delicious & Nutritious Soup



Soup is one of the easiest foods to cook. It's versatile and there are many ways to prepare it, with little room for error.

Even the simplest soup is easy to tailor to your taste and pack with good nutrition. Soup can serve as a first course, can be consumed slowly by the spoonful, and is generally hot. It reminds us to slow down when we eat — which is essential for weight management and good nutrition. As a main course, soup can be served as a meal in itself when it is full of hearty meats and vegetables. A whole-grain roll or bread is all you need to complete the meal.

Stock

Stock is the foundation for a good soup and adds amazing flavor to the ingredients. The grocery store carries cartons of ready-to-use stock in several flavors.

Look for brands that are:

- Low in sodium, so you can control it yourself
- Free from additives like artificial coloring, flavorings, or preservatives

Vegetables

Vegetables are delicious in soups and an easy way to add a few servings into one meal. A benefit of eating vegetables in soups is that vitamins, which are sometimes lost in cooking, remain in the broth. Cut all vegetables into even, bite-sized pieces and simmer them along with the soup until tender.

For more information on how to cook healthy and nutritious soups, speak with your dietician or healthcare team.

The following vegetables can simmer for hours and just get better with time:

- Beets
- Carrots
- Celery/celery root
- Garlic
- Leeks
- Jerusalem artichokes
- Onions
- Parsnips
- Sweet potatoes



Add the following cut vegetables to soup, but simmer for only 20 minutes or so to make sure they retain their shape and texture:

- Broccoli
- Cabbage
- Cauliflower
- Corn
- Eggplant
- Fennel
- Green beans
- Kale
- Mushrooms
- Peppers
- Spinach
- Tomatoes
- Zucchini



The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.



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