

SENIOR NUTRITION NEWS

Eat Smart Idaho

January 2025

Souper Nutrition

January is a great time of year to warm your body with soup. Soup can be a quick and easy meal that can be very economical and healthy. Use these tips to boost nutrition, trim fat and salt, and save time.



For extra nutrition:

- Add barley, brown rice, or other whole grains to add fiber.
- Add vegetables such as carrots, peas, onions, spinach, peppers or other favorites for more vitamins, minerals, fiber and flavor.
- Use beans and peas such as kidney beans, lentils, split peas or black beans as the main ingredient in your soup to boost fiber.

For less fat:

- Use lean meats such as lean ham, round steak, turkey or chicken breast.
- Cool soups after cooking and remove the layer of fat that rise to the surface before reheating and serving the soup.
- Use non-fat, evaporated skim milk in place of heavy cream in cream soups.

For less salt:

- Choose low-salt canned broth or low salt canned soups in place of regular.
- Season soups with herbs such as garlic and onion powders, thyme, oregano and red pepper. Also leave out or reduce the amount of salt in recipes.

To save time:

- Use no salt added canned dry beans or peas in place of beans or peas that need to be pre-soaked or cooked for a long time.
- When you have time cook a large batch of dried beans. Freeze small portions of these beans and use them to add fiber to soups you make in the future.
- Use frozen or no salt added canned pre-cut vegetables.
- Prepare extra soup then refrigerate or freeze leftovers in small, shallow containers to reheat on a busy day. Store in the refrigerator, if you will be eating it within 2 days. Frozen soup can be stored safely in the freezer for 2 to 3 months.



Easy Vegetable Soup

2 tsp. olive	1 small onion, chopped
½ tsp garlic powder	½ tsp. basil
1 cup water	10.75 oz. no salt added chicken broth
1 can (14.5 oz.) stewed tomatoes	1 cup frozen corn
1 cup instant brown rice, uncooked	1/3 cup parmesan cheese

1. Heat oil in large saucepan. Add onion and cook until tender.
2. Add garlic, basil, water, broth and tomatoes with juice.
3. Bring to a boil and then reduce heat. Cover and simmer for 7 minutes.
4. Add corn and rice. Cover and simmer 10 minutes or until rice is cooked.
5. Pour into bowls and top with parmesan cheese.



Three Can Chili

1 can low-sodium black beans (15 oz.)	1 can low-sodium corn (15.5 oz.)
1 can no-salt chopped tomatoes (14.5 oz.)	1/2 red onion
1/2 green bell pepper	Chili powder, cumin, & pepper,

1. Wash onion and pepper, remove onion skin and pepper seeds, and chop.
2. Place the contents of all three cans, undrained, in a large saucepan. Stir in the onion and pepper. Sprinkle with chili powder, cumin, and pepper, to taste. Cook over medium heat until thoroughly heated through.
3. Serve hot and enjoy!

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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Sources: http://msue.anr.msu.edu/news/soup_is_on; <https://eat-move-save.extension.illinois.edu/eat/recipes/easy-vegetable-soup> retrieved 12/17/24

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.