

Savory Soups

With cooler temperatures in the air, we often seek a meal or snack that is warming and comforting. When made with the right ingredients, soup can be a welcome and nutritious addition to your day. Homemade soups are versatile, and make for a quick, easy, and budget-friendly meal. Since store-bought and canned soups are often loaded with salt, taking time to make a homemade soup is well worthwhile. When made with healthy ingredients, soup can be packed with fiber, vitamins, minerals, and antioxidants. The options are endless! A warm pot of soup is a trusted comfort food for the whole family to enjoy.

Helpful Tips:

- Aim for broth-based or lower fat cream soups to keep the calorie and saturated fat content at a minimum.
- Choose a lower sodium broth/stock and salt homemade soups sparingly to limit excess sodium. You may also choose bone broth for additional protein.
- Include fresh or frozen vegetables in soup to make it easy to meet the recommended goal of at least five servings of fruits and vegetables daily. You can even bulk up a pre-made soup with your own vegetables to make it more filling and nutritious.
- Each ingredient may have a different cook time. It may be helpful to stagger vegetables, so they're finished cooking around the same time.
- Cut ingredients to fit the size of a spoon.
- Include a source of protein like beans, lentils, chicken, or lean meat to help keep you feeling full.
- Double the recipe to eat for the week or freeze for later.

- Keep simple pantry ingredients on hand for a quick last-minute soup like low-sodium broth or stock, canned tomatoes, tomato paste, spices, rice, barley, farro, noodles, olive oil, garlic, canned or dried beans, frozen vegetables
- Add fresh herbs like cilantro, basil, and parsley before serving for a burst of fresh flavor.

Additional Benefits:

As we spend more time indoors during the winter, the potential for exposure to cold causing viruses increases. The simple remedy of a cozy bowl of soup can be very beneficial. Why is soup a smart go-to food when you're feeling under the weather? Soup can be very nourishing and soothing. Chicken noodle soup, for example, is light in both consistency and color so it is easier for your body to digest. Sodium helps relieve sore throat pain. The heat from a warm soup may also help to clear nasal congestion and can relieve pain and sinus pressure. Any vitamins and minerals in nutrient-dense soups can also aid a speedy recovery.



Recipes to Try:

Stuffed Pepper Soup

Ingredients:

1 tablespoon olive oil
1-pound lean ground beef
¾ cup chopped onion
1 ½ teaspoons garlic minced
1 red bell pepper cut into ½ inch pieces
1 green bell pepper cut into ½ inch pieces
1 14.5 ounce can diced tomatoes
1 15 ounce can tomato sauce
1 14.5 ounce can beef broth
2 teaspoons Italian seasoning
2 cups cooked white rice
2 tablespoons chopped parsley
Salt and pepper to taste

Directions:

1. Heat the olive oil in a large pot. Add the ground beef and cook until browned.
2. Add the onion to the pot and cook until softened. Add the garlic and cook for 30 seconds.
3. Optional: Season the beef and onion mixture with salt and pepper.
4. Add the peppers to the pot and cook for 2-3 minutes.
5. Add the tomatoes, tomato sauce, beef broth and Italian seasoning to the pot; bring to a simmer.
6. Cook for 15-20 minutes or until peppers are tender.
7. Stir in the rice and season the soup with salt and pepper to taste as desired. Sprinkle with parsley and serve.



Creamy Tortellini Soup

Ingredients:

1.25 pounds ground turkey or chicken sausage
1 small white onion
2 large carrots
4 garlic cloves
¼ cup white-whole wheat flour (or all-purpose)
6 cups chicken stock (may use low sodium if desired)
1 (10- ounce) cheese tortellini
5 ounces of greens of your choice (spinach, collards, baby kale)
2 cups of low-fat milk
Salt and pepper to taste

Directions:

1. Cook sausage until browned.
2. Stir in onions and carrots and sauté until soft.
3. Add in the garlic and sauté for an additional 1-2 minutes. Stir in the flour until it's evenly coating the veggies, and cook for an additional 1 minute, stirring occasionally.
4. Gradually add in the chicken stock and stir to combine. Continue cooking until the mixture reaches a simmer. Then reduce heat to medium- low and simmer for 5 minutes.
5. Stir in the cooked sausage, tortellini, spinach, and milk, and continue simmering for 4-5 minutes, or until the tortellini is al dente. Season with salt and pepper.

References:

- <https://www.spoonfulofcomfort.com/blog/the-importance-of-soup-in-our-diet/>
- <https://www.pennmedicine.org/news/news-blog/2018/november/why-do-we-eat-soup-when-we-have-a-cold>
- <https://www.chatelaine.com/food/kitchen-tips/best-tips-for-homemade-soup/>
- <https://www.dinneratthezoo.com/stuffed-pepper-soup/>
- <https://www.gimmesomeoven.com/creamy-tortellini-soup-with-italian-sausage/>

Need a Dietitian?

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