

Tasty economical soups

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*

Slow Cooker Mexican Chicken Soup

- Serves 8
- Cost/Serving \$0.63
- Serving Size: 1 1/2 cups

INGREDIENTS

- 2 cans (14.5 ounces) diced tomatoes
- 3/4 cup dried black beans, rinsed
- 1 bag (16 ounces) frozen corn, thawed
- 3 cups water
- 1 teaspoon chili powder
- 1/4 teaspoon pepper
- 1 pound skinless and boneless chicken breast, thawed
- *Optional baked tortilla chips, chili flakes, chopped cilantro, jalapenos, lime, radish, jicama, sliced or chopped avocado, salsa, plain yogurt, or shredded cheese*

INSTRUCTIONS

- 1) Add all ingredients to the slow cooker. Cook for 4 to 6 hours on high. Or cook for 8 to 10 hours on low.
- 2) Remove chicken right before serving. Shred using two forks. Stir shredded chicken into soup.
- 3) Serve with choice of optional ingredients.

*TIP

Use Mexican diced tomatoes to add spice.

Nutrition Facts per Serving

Calories 210 Total Fat 3g 5% Saturated Fat 1g 5% Trans Fat 0g Cholesterol 35mg 12% Sodium 270mg 11% Total Carbohydrates 28g 9% Dietary Fiber 6g 24% Total Sugars 4g Added Sugars NA* Protein 19g Vitamin D 0 0% Calcium 63mg 4% Iron 1mg 6% Potassium 602mg 15%

Slow Cooker Black Eyed Pea Soup

- Serves 5
- Cost/Serving \$0.66
- Serving Size: 1 1/2 cups

INGREDIENTS

- 1/2 pound dried black eyed peas
- 2 cups vegetable broth
- 1 cup water
- 6 carrots, chopped
- 2 ribs celery, chopped
- 1 medium onion, chopped
- 1 teaspoon garlic powder
- 1 teaspoon seasoning (basil, dried oregano, rosemary, or sage)

INSTRUCTIONS

- 1) Rinse and sort black eyed peas to remove any dirt or debris.
- 2) Place all ingredients in the slow cooker and mix.
- 3) Cook on low for 8 hours.

*TIPS

- This recipe can be prepared on the stovetop. Use 2 additional cups of water and cook for 2 hours on medium. Stir occasionally. For safety, cook on a back burner.
- All fresh vegetables need to be washed under running water before using. Always use a clean knife and cutting board for fresh vegetables.

Nutrition Facts per Serving

Calories 200 % Total Fat 1 g 2% Saturated Fat 0 g 0% Trans Fat 0 g Cholesterol 0 mg 0% Sodium 450mg 19% Total Carbohydrates 39 g 13% Dietary Fiber 8 g 32% Total Sugars 9 g Added Sugars NA* Protein 12g Vitamin D 0mg 0 % Calcium 93mg 7% Iron 4.2mg 23% Potassium 841mg 18%

Slow Cooker Pork Chili

- Serves 6
- Cost/Serving \$1.52
- Serving Size: 1 1/4 cups

INGREDIENTS

- 2 pounds boneless pork butt, roast, or shoulder
- 1 cup bell pepper, diced (1 medium pepper)
- 1 cup onion, diced (1 medium onion)
- 1 1/2 cups salsa
- 1 can (15 ounces) low sodium pinto beans
- 1 can (14.5 ounces) low sodium diced tomatoes

INSTRUCTIONS

- 1) Trim visible fat from the pork. Cut into 2 inch chunks. Place in slow cooker.
- 2) Add pepper, onion, and salsa.
- 3) Cook on a low setting for 6 hours or a high setting for 3 hours.
- 4) Pull the meat apart into shreds with a fork. (You should have about 4 cups.)
- 5) Put half (2 cups) of the shredded pork in the refrigerator or freezer. (This could be used for the Shredded Pork Sandwich.) Freeze pork if it will not be used within 4 days.
- 6) Return the rest of the pork to the slow cooker. Add pinto beans and diced tomatoes
- 7) Cook another 30 minutes until hot.

*TIPS

- Pork chops, boneless pork rib, or pork loin can be used. They will be more expensive but have less fat.
- Trim fat from pork with a clean knife on a clean cutting board.
- This recipe freezes well
- Other beans can be used.

Nutrition Facts per Serving

Calories 250 Total Fat 8g 12% Saturated Fat 3g 15% Trans Fat 0g Cholesterol 40mg 13% Sodium 520mg 22% Total Carbohydrates 21g 7% Dietary Fiber 6g 24% Total Sugars 6g Added Sugars NA* Protein 18g Vitamin D 0.6 mcg 3% Calcium 55 mg 4% Iron 2 mg 11% Potassium 454 mg 10%

Vegetable Soup with Kale and Lentils

- Serves 6
- Cost/Serving \$0.89
- Serving Size: 1 1/2 cups

INGREDIENTS

- 2 tablespoons oil (canola or vegetable)
- 1 medium onion, chopped (about 1 cup)
- 1 medium carrot (sliced 1/8 inch thick)
- 2 teaspoons garlic (peeled and minced; 3-4 cloves) or 1/2 teaspoon garlic powder
- 4 cups water
- 1 cup dry yellow or brown lentils
- 1 can (14.5 ounces) low sodium chicken broth
- 1 tablespoon dried basil or Italian seasoning
- 1 can (14.5 ounces) no sodium added diced tomatoes or 2 chopped tomatoes
- 1 bunch kale (about 7 ounces)
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

INSTRUCTIONS

- 1) Heat oil in a large pot over medium heat.
- 2) Add onions, carrots, and garlic. Cook 5 minutes.
- 3) Add water to veggies in pot. Heat to boiling.
- 4) Rinse lentils in colander with water. Add lentils to pot and simmer for 20 minutes. Do not drain.
- 5) Add chicken broth, dried basil or Italian seasoning, and tomatoes. Cover and cook for 5-10 minutes.
- 6) Rinse kale leaves, cut out the main stems and discard. Cut leaves into 1" pieces.
- 7) Stir kale, salt, and pepper into lentil mixture. Return to boiling. Reduce heat, cover, and simmer for 3 minutes.

*TIPS

- Use kitchen scissors instead of a knife to cut the kale.
- Make kale chips from extra leaves. Drizzle a little oil on clean, dry leaves. Spread leaves on a cookie sheet. Bake 12-20 minutes at 350°F. Leaves should be thin and crackly but not brown. Remove from oven and sprinkle with salt.

Nutrition Facts per Serving

Calories 200 Total Fat 5g 8% Saturated Fat 1g 5% Trans Fat 0g Cholesterol 0mg 0% Sodium 170mg 7% Total Carbohydrates 29g 10% Dietary Fiber 12g 48% Total Sugars 4g Added Sugars NA* Protein 11g Vitamin D 0mcg 0% Calcium 89mg 7% Iron 3mg 17% Potassium 345mg 7%

Chicken Noodle Soup

Serves 6

Cost/Serving \$0.60

Serving Size: 1 1/3 cups

INGREDIENTS

- 2 chicken leg quarters
- 6 cups water
- 1/2 cup chopped celery (about 1 rib)
- 1/2 cup chopped onion (about 1/2 onion)
- 2 cups sliced carrots (about 4 carrots)
- 1 tablespoon dried parsley
- 1 tablespoon Italian seasoning
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 2 cups (2.5 ounces) whole grain wide egg noodles

INSTRUCTIONS

- 1) Put chicken and water in a large stock pot. Bring water to a simmer (slow boil). Cook until chicken reaches 165°F (10-15 minutes).
- 2) Clean and chop vegetables while chicken is cooking.
- 3) Take chicken out of water with tongs or fork. Cool in refrigerator about 5 to 10 minutes.
- 4) Add vegetables and parsley, Italian seasoning, pepper, and salt to the pot of hot water.
- 5) Remove bones and skin from chicken and discard when it is cool enough to handle. Cut meat into bite sized pieces and add to the pot of hot water. Bring to a boil.
- 6) Add noodles when water is boiling. Cook according to package directions or about 5 minutes.

*TIPS

- Any chicken part may be used for this recipe. If using boneless, skinless chicken breasts, use only 3/4 pound.
- Soup freezes well. Make ahead and freeze for a cold or sick day.
- Other seasoning may be used instead of the parsley and Italian seasoning.
- Remove chicken skin before cooking if you like. This will decrease fat and calories slightly.

Nutrition Facts per Serving

Calories 280 Total Fat 4.5g 7% Saturated Fat 1g 5% Trans Fat 0g Cholesterol 80mg 27% Sodium 350mg 15% Total Carbohydrates 32g 11% Dietary Fiber 5g 20% Total Sugars 3g Added Sugars NA* Protein 27g Vitamin D 0mcg 0% Calcium 49mg 4% Iron 2.5mg 14% Potassium 516mg 11%

Garbanzo Bean Soup

Serves 8

Cost/Serving \$0.51

Serving Size: 1 1/4 cups

INGREDIENTS

- 1/2 onion (about 1/2 cup)
- 3 garlic cloves or 1/2 teaspoon garlic powder
- 2 teaspoons oil (canola or vegetable)
- 1 can (14.5 ounces) low sodium vegetable or chicken broth
- 1 can (14.5 ounces) diced tomatoes
- 2 1/2 cups water
- 1 can (15.5 ounces) low sodium garbanzo beans (drained and rinsed)
- 3/4 cup sliced carrots (about 12-15 baby carrots)
- 1 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1 cup whole wheat pasta (rotini, shells, etc.)
- 1 small zucchini, sliced (about 1-2 cups sliced)

INSTRUCTIONS

- 1) Wash, peel, and chop onion. Peel and mince garlic cloves.
- 2) Heat oil in a large saucepan. Add onion and garlic and cook over medium low heat for 5 minutes.
- 3) Add broth, tomatoes, and water to saucepan. Stir in garbanzo beans, carrots, and seasonings.
- 4) Cook on medium high heat about 5 minutes.
- 5) Stir in pasta and zucchini. Reduce heat to medium low.
- 6) Simmer about 10 minutes or until the pasta is tender.
- 7) Serve immediately or refrigerate.

*TIPS

- This recipe tastes better the next day.
- Garbanzo beans and chickpeas are the same thing.

Nutrition Facts per Serving

Calories 120 Total Fat 2.5g 4% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 290mg 12% Total Carbohydrates 20g 7% Dietary Fiber 5g 20% Total Sugars 5g Added Sugars NA* Protein 5g Vitamin D 0mcg 0% Calcium 49mg 4% Iron 2mg 11% Potassium 228mg 5%

Vegetable Pasta Soup

• Serves 8

• Cost/Serving \$0.76

• Serving Size: 1 1/2 cups

INGREDIENTS

- 1 tablespoon oil (canola or vegetable)
- 4 cups vegetables (like onions, carrots, and zucchini)(chopped or sliced)
- 1 can (14.5 ounces) diced tomatoes with green chilies
- 1 can (14.5 ounces) low sodium vegetable or chicken broth
- 2 cups water
- 1/4 teaspoon salt
- 1 tablespoon Italian seasoning or dried basil
- 2 cups small whole wheat pasta (shell or macaroni)
- 6 cups fresh spinach leaves* (about 1/2 pound)

INSTRUCTIONS

- 1) Heat the oil in a large saucepan over medium heat until hot. Add onions and carrots. Cook until the vegetables are softened. Stir often. This should take about 3 minutes.
- 2) Stir in zucchini and canned tomatoes. Cook 3-4 minutes.
- 3) Stir in the broth, water, salt, and Italian seasoning or dried basil. Bring to a boil.
- 4) Stir in the pasta and spinach. Return to a boil.
- 5) Cook until the pasta is tender using the time on the package for a guide.

*TIPS

- Packaged prewashed and ready to eat spinach does not have to be washed. Spinach that is not packaged does need to be rinsed under running water before using.
- Try using kale, collard greens, or a 10 ounce package of frozen spinach in place of the fresh spinach.
- Soup freezes well.
- Use plain diced tomatoes for less spiciness.
- Use washed and diced garden tomatoes and homemade broth if they are available. Keep cut tomatoes cold until you need them.
- Wash fresh vegetables under running water before preparing.

Nutrition Facts per Serving

Calories 130 Total Fat 2.5g 4% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 370mg 15% Total Carbohydrates 23g 8% Dietary Fiber 4g 16% Total Sugars 5g Added Sugars NA* Protein 4g Vitamin D 0mcg 0% Calcium 77mg 6% Iron 2mg 11% Potassium 240mg 5%

Vegetarian Chili

• Serves 7

• Cost/Serving \$0.57

• Serving Size: 1 1/2 cups

INGREDIENTS

- 2 cans (14.5 ounces) diced tomatoes
- 1 can (15 ounces) garbanzo or kidney beans (drained and rinsed)
- 1 can (15 ounces) black beans (drained and rinsed)
- 1 can (15 ounces) water
- 2 cups frozen corn
- 1 large onion, chopped (about 1 1/2 cups)
- 3-4 teaspoons chili powder
- Ground black pepper to taste
- Shredded cheese, optional

INSTRUCTIONS

- 1) Put all ingredients except cheese in a large pot. Heat to boiling over high heat.
- 2) Reduce heat. Simmer about 20 minutes or until hot (stirring occasionally). Top each serving with a tablespoon of shredded cheese if desired.

*TIP

Use Mexican style tomatoes for added spice.

Nutrition Facts per Serving

Calories 200 Total Fat 2.5g 4% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 390mg 16% Total Carbohydrates 37g 12% Dietary Fiber 10g 40% Total Sugars 7g Added Sugars NA* Protein 10g Vitamin D 0mcg 0% Calcium 70mg 5% Iron 2mg 11% Potassium 398mg 8%

Turkey Rice Soup

• Serves 6

• Cost/Serving \$2.01

• Serving Size: 1 1/2 cups

INGREDIENTS

- 2 teaspoons oil (olive or vegetable)
- 1 cup onions, chopped
- 1 cup fresh white mushrooms, sliced (optional)
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 can (15 ounces) diced tomatoes
- 3 cans (14.5 ounces) low sodium chicken broth
- 1 can (10.75 ounces) reduced sodium cream of chicken soup
- 1 cup instant brown rice, uncooked
- 2 cups chopped broccoli (frozen or fresh)
- 2 cups cooked skinless turkey, chopped
- 1/2 teaspoon ground black pepper

INSTRUCTIONS

- 1) Heat oil in large saucepan over medium high heat.
- 2) Add onions, mushrooms (if using), and garlic. Cook, stirring often, until onion is tender (about 5 minutes).
- 3) Add tomatoes, broth, soup, and rice. Cover and cook until rice is nearly tender (15-20 minutes).
- 4) Stir in the broccoli and turkey. Return to boil.
- 5) Reduce heat and simmer (partially covered) until broccoli is tender and turkey is heated through (about 5 minutes).
- 6) Remove from heat and stir in pepper.

*TIPS

- Try using homemade chicken broth in place of the canned broth.
- Substitute a can of drained beans (such as navy, garbanzo, or pinto) for the rice if desired. Or use beans and rice and omit the turkey for a vegetarian soup.
- Turkey is often on sale around the holidays. It might be a good time to stock up if you have freezer space.

Nutrition Facts per Serving

Calories 240 Total Fat 5g 8% Saturated Fat 1.5g 8% Trans Fat 0g Cholesterol 50mg 17% Sodium 490mg 20% Total Carbohydrates 25g 8% Dietary Fiber 4g 16% Total Sugars 5g Added Sugars NA* Protein 22g Vitamin D 0mcg 0% Calcium 53mg 4% Iron 1mg 6% Potassium 606mg 13%

10 Minute Chili

• Serves 4

• Cost/Serving \$1.58

• Serving Size: 1 cup

INGREDIENTS

- 1/2 pound lean ground beef
- 1 small onion, chopped
- 1 can (16 ounces) kidney beans
- 1 can (16 ounces) tomato sauce
- 1-2 tablespoons chili powder

INSTRUCTIONS

- 1) Cook ground beef and onion together in a saucepan. Transfer mixture to colander set over a bowl and rinse with warm water to remove grease.* Return to saucepan.
- 2) Add the kidney beans, tomato sauce, and chili powder to the saucepan.
- 3) Cook over medium heat until heated through.

*TIPS

- Do not pour grease down the drain. Let grease harden, then put it in the trash.
- Have precooked, rinsed, and drained ground beef on hand in the freezer for quick meal preparation.
- Make a double batch and freeze the extra in single serving size containers for a quick meal.

Nutrition Facts per Serving

Calories 280 Total Fat 8g 12% Saturated Fat 2.5g 13% Trans Fat 0g Cholesterol 50mg 17% Sodium 980mg 41% Total Carbohydrates 28g 9% Dietary Fiber 9g 36% Total Sugars 7g Added Sugars NA* Protein 24g Vitamin D 0mcg 1% Calcium 107mg 8% Iron 5mg 28% Potassium 610mg 13%

Loaded Potato Soup

• Serves 6

• Cost/Serving \$0.67

• Serving Size: 1 cup

INGREDIENTS

- 4 baked potatoes or 1 1/2 pounds potatoes, cooked
- 1 tablespoon tub margarine
- 1 medium onion (coarsely chopped) (about 1 cup)
- 1/2 cup green pepper, chopped (optional)
- 2 cups homemade chicken broth, or 1 can (14.5 ounces) low sodium chicken broth
- 1 cup nonfat milk
- 1 cup frozen peas, thawed
- 1/2 teaspoon ground black pepper
- 4 slices (3 ounces) American cheese
- Optional garnishes: Sliced green onion, bacon bits, shredded cheese

INSTRUCTIONS

- 1) Remove skins and mash potatoes into small pieces to make about 3 cups. Set aside.
- 2) Melt margarine in a large saucepan over medium heat. Stir in onion and green pepper, if desired. Cook until the vegetables begin to soften (about 5 minutes).
- 3) Stir in the broth and heat to a boil. Stir in milk, potatoes, peas, and pepper. Heat through, stirring occasionally.
- 4) Add the cheese slices. Cook and stir about 2 minutes until cheese melts. Add more milk if soup is thicker than you prefer.
- 5) Add garnishes, if desired, and serve immediately.

*TIPS

- Try this recipe with our Best Baked Potatoes as the base.
- Using already cooked potatoes means you can have this soup ready to eat and on the table in less than 15 minutes.
- Other frozen vegetables can be used instead of peas. Try corn, broccoli or mixed vegetables.

Nutrition Facts per Serving

Calories 230 Total Fat 6g 9% Saturated Fat 2.5g 13% Trans Fat 0g Cholesterol 10mg 3% Sodium 270mg 11% Total Carbohydrates 35g 12% Dietary Fiber 5g 20% Total Sugars 6g Added Sugars NA* Protein 10g Vitamin D 0.5mcg 3% Calcium 218mg 17% Iron 1.8mg 10% Potassium 801mg 17%

Three Can Chili

• Serves 4

• Cost/Serving \$0.81

• Serving Size: 1 1/2 cups

INGREDIENTS

- 1 can (15 ounces) reduced sodium black beans or 2 cups cooked beans
- 1 can (15.5 ounces) corn
- 1 can (14.5 ounces) tomatoes (chopped or broken into pieces)
- Chili powder to taste

INSTRUCTIONS

- 1) Place contents of all three cans (undrained) into a large saucepan.
- 2) Sprinkle with chili powder to taste.
- 3) Stir and heat thoroughly.
- 4) Serve immediately.

*TIP

Other ingredients that may be added include cooked meat, chopped cooked onions or green peppers.

Nutrition Facts per Serving

Calories 200 Total Fat 1g 2% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 670mg 28% Total Carbohydrates 38g 13% Dietary Fiber 11g 44% Total Sugars 8g Added Sugars NA* Protein 9g Vitamin D 0mcg 0% Calcium 70mg 5% Iron 3mg 17% Potassium 482mg 10%

Mexican Chicken Soup

• Serves 8

• Cost/Serving \$0.82

• Serving Size: 1 cup

INGREDIENTS

- 2 cans (15 ounces) diced tomatoes (Mexican style)
- 1 can (15 ounces) black beans (drained and rinsed)
- 2 cups frozen corn or 1 can (15 ounces) corn (drained and rinsed)
- 1 can (14.5 ounces) low sodium chicken broth OR 2 cups homemade chicken broth
- Optional ingredients: baked tortilla chips, chopped cilantro, sliced or chopped avocado, light sour cream, shredded cheese
- 2 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin (optional)
- 1/4 teaspoon ground black pepper
- 1 pound skinless, boneless chicken breast

INSTRUCTIONS

- 1) Add tomatoes, beans, corn, broth, garlic, chili powder, cumin (if desired), and pepper to large saucepan.
- 2) Remove and discard any visible fat from chicken. Cut chicken into large chunks and add to the saucepan. Heat to boiling, reduce heat, and simmer (covered) for 20 minutes, or until chicken is tender.
- 3) Remove the chicken and place on a plate. Use forks to shred the chicken. Return the shredded chicken to soup.
- 4) Serve with choice of optional ingredients.

*TIP

One cup of cooked dried beans (black, kidney, garbanzo) can be substituted for the canned, if desired.

Nutrition Facts per Serving

Calories 180 Total Fat 2.5g 4% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 40mg 13% Sodium 590mg 25% Total Carbohydrates 22g 7% Dietary Fiber 5g 20% Total Sugars 4g Added Sugars NA* Protein 19g Vitamin D 0mcg 0% Calcium 45mg 3% Iron 1.9mg 11% Potassium 483mg 10%

Chicken & Broth

INGREDIENTS

- 10 pound bag chicken leg quarters
- Vegetables (onion, celery, carrot), chopped
- 1 tablespoon seasoning (parsley, thyme, bay leaf, peppercorns)
- Water

INSTRUCTIONS

- 1) Remove and discard skin and visible fat.
- 2) Place as many chicken quarters as will comfortably fit in slow cooker or large pot. Be sure to leave space for the broth.
- 3) Add vegetables. Use about 2 cups in a 5 or 6 quart slow cooker. Use more or less in a larger or smaller cooking pot.
- 4) Add seasoning.
- 5) Add cold water to cover chicken. Use less water for a richer broth. Add more water to make a larger amount of broth.
- 6) If using a slow cooker, cover and cook on low heat for 6 to 8 hours or on high heat for about 4 hours. If cooking on the stove, heat to boiling, then reduce heat, cover, and simmer for about 1 hour. Simmering allows the meat and broth to absorb more flavor.
- 7) Lift meat out of the broth and place in a covered container. Refrigerate until cool enough to handle. Then remove meat from bones. Place meat in 1 or 2 cup containers or freezer-weight plastic bags. Discard bones.
- 8) Pour broth and vegetables into a colander set over a large bowl. Discard vegetables.
- 9) Pour broth into 1 or 2 cup containers. Cover and refrigerate several hours or overnight. Scrape off any fat that has hardened on top. Wrap fat in foil and discard.
- 10) Label the meat and broth containers with date and amount.
- 11) Store in refrigerator for use within 2 days or in freezer for use within 3 months.

*TIP

A 10 pound bag of chicken leg quarters yields about 9 cups of cooked chicken and 8 cups of broth.

Minestrone Soup

• Serves 8

• Cost/Serving \$0.68

• Serving Size: 1 cup

INGREDIENTS

- 2 teaspoons oil (canola or vegetable)
- 1 onion, chopped
- 2 or 3 large garlic cloves, minced*
- 2 cans (14.5 ounces) low sodium chicken broth
- 1 can (16 ounces) stewed or diced tomatoes
- 1 can (16 ounces) kidney beans (drained and rinsed)
- 1 package (10 ounces) frozen vegetables
- 1 teaspoon dried basil, oregano, or Italian seasoning
- 1/2 cup uncooked pasta (such as rotini, macaroni, or small shells)

INSTRUCTIONS

- 1) Heat oil in large saucepan. Sauté onion and garlic.
- 2) Add broth, tomatoes, beans, vegetables, and seasonings. Stir to mix.
- 3) Bring to boil on medium high heat.
- 4) **Stir in pasta. Reduce heat to medium low. Simmer about 20 minutes until the pasta is tender.**

*TIPS

- You can use 1/2 teaspoon garlic powder instead of the minced garlic. Add garlic powder with other seasonings in Step 3.
- Use 3 1/2 cups homemade chicken broth in place of the canned chicken broth.
- Recipe can be doubled for a crowd.

Nutrition Facts per Serving

Calories 150 Total Fat 2.5g 4% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 0mg 0% Sodium 260mg 11% Total Carbohydrates 26g 9% Dietary Fiber 5g 20% Total Sugars 5g Added Sugars NA* Protein 8g Vitamin D 0mcg 0% Calcium 69mg 5% Iron 2.2mg 12% Potassium 439mg 9%

Winter Black Bean Soup

• Serves 4

• Cost/Serving \$0.90

• Serving Size: 1 1/4 cups

INGREDIENTS

- 3 cups black beans, cooked
- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin (optional)
- 1 can (14.5 ounces) Mexican style diced tomatoes
- 1 cup water
- 1 tablespoon lime or lemon juice (optional)
- Nonfat yogurt or low fat sour cream and cilantro for garnish (optional)

INSTRUCTIONS

- 1) Prepare beans as directed.
- 2) Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften (about 2 to 3 minutes). Add chili powder. Add cumin, if desired. Cook and stir for 1 minute.
- 3) Add tomatoes, beans, and water. Bring to boil. Reduce heat and simmer for 10 minutes (covered).
- 4) **Remove from heat and stir in lime or lemon juice, if desired.**
- 5) **Garnish before serving.**

TIPS

- You can use 2 cans (15 ounces) reduced sodium black beans (rinsed) in place of the cooked black beans.
- Soup can be cooked in a slow cooker on low for 3-4 hours.
- Thin the soup by adding water. Thicken soup by cooking longer without the cover.

Nutrition Facts per Serving

Calories 240 Total Fat 3g 5% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 530mg 22% Total Carbohydrates 42g 14% Dietary Fiber 13g 52% Total Sugars 4g Added Sugars NA* Protein 13g Vitamin D 0mcg 0% Calcium 106mg 8% Iron 5mg 28% Potassium 669mg 14%

Cheesy Broccoli Soup

• Serves 4

• Cost/Serving \$0.40

• Serving Size: 3/4 cup

INGREDIENTS

- 1/4 cup water
- 2 1/2 cups frozen chopped broccoli
- 3 tablespoons flour
- 1/4 teaspoons onion or garlic powder
- 1/8 teaspoons ground black pepper
- 3 tablespoons margarine
- 2 cups nonfat milk
- 4 slices (3 ounces) American cheese
- 6 to 8 drops hot pepper sauce (such as Tabasco) (optional)

INSTRUCTIONS

- 1) Heat water to boiling in 3 quart saucepan. Add broccoli. Cover and cook 1-2 minutes.
- 2) Pour broccoli onto a dinner plate or cutting board (water will have cooked away). Set aside.
- 3) Combine flour, onion or garlic powder, and pepper in a small bowl.
- 4) Add margarine to saucepan and melt over medium heat. Add flour mixture and stir with whisk or fork until well mixed.
- 5) Gradually stir in milk. Stir constantly with whisk to keep sauce smooth. Cook over medium heat (stirring or whisking a few times) until thick and bubbly (about 4 to 5 minutes). Cut broccoli into pieces while milk mixture is cooking.
- 6) Add broccoli to sauce and turn heat to low. Add cheese slices. Cook and stir about 2 minutes or until cheese melts. Serve immediately. Add hot sauce to taste if desired.

*TIPS

- Use frozen mixed vegetables, frozen peas, or chopped cooked potatoes instead of broccoli.
- Can substitute 1/2 cup cheddar cheese for American cheese, if desired.

Nutrition Facts per Serving

Calories 220 Total Fat 13g 20% Saturated Fat 4g 20% Trans Fat 0g Cholesterol 15mg 5% Sodium 320mg 13% Total Carbohydrates 16g 5% Dietary Fiber 3g 12% Total Sugars 8g Added Sugars NA* Protein 10g Vitamin D 2.6mcg 13% Calcium 382mg 29% Iron 1mg 6% Potassium 388mg 8%