



Build-A-Meal: Soups

This serves 4 adults. If you are feeding children, there may be leftovers.

*
Save money
by using
WIC approved
foods.



SEASONINGS

To taste

- All Purpose Blend
- Curry Blend
- Cajun Blend
- Italian Blend
- Chili Blend
- Old Bay Blend

PROTEIN FOODS

Choose 1

- Beans (2 cups)
- Chicken or turkey (1 pound)
- Lentils (2 cups)
- Beef or pork (1 pound)
- Canned tuna (2, 5 ounce cans)
- Shrimp (1 pound)
- Tofu (16-ounce package)
- Fish (1 pound)

WHOLE GRAINS

Choose 1

- Cooked Grains (3 cups, cooked):
- Served on the side:
- Brown rice
- Bread (4 slices)
- Pasta
- Dinner roll (4 rolls)
- Barley
- Crackers (20 crackers)
- Quinoa

LIQUIDS

8 cups, choose 1

- 100% vegetable juice
- Low-sodium stock/broth
- Water

VEGGIES

4 cups: Fresh, frozen, or canned

- Acorn squash
- Asparagus
- Bell peppers
- Broccoli
- Butternut squash
- Carrots
- Cauliflower
- Corn
- Hominy
- Eggplant
- Green beans
- Mushrooms
- Okra
- Onions
- Parsnips
- Potatoes
- Rutabaga
- Spaghetti squash
- Sweet potatoes
- Taro root
- Tomatoes
- Turnips
- Yellow squash
- Zucchini

– OR –

8 cups: Leafy greens

- Collards
- Spinach
- Kale
- Swiss chard

FOOD PREP INSTRUCTIONS

LEAFY GREENS, VEGGIES, AND FRUIT

- ✓ Wash and chop



If using:

CANNED BEANS AND LENTILS

- ✓ Rinse and drain

MEAT

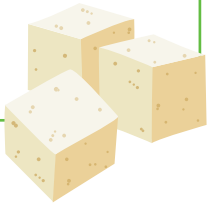
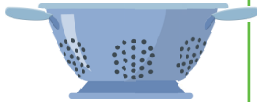
- ✓ Cut to equal-sized pieces

CANNED TUNA

- ✓ Drain

TOFU

- ✓ Drain and press to remove water
>> Cube or crumble



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Softer veggies like spinach, mushrooms, and zucchini will cook fast. Add during the last 5-7 minutes of cooking.

COOKING INSTRUCTIONS

COOKING SOUP

If using meat as your protein food:

- 1 If necessary, cook grains following the directions on the package.
- 2 While grains are cooking, heat 1 Tablespoon oil in a soup pot over medium-high heat. Sauté meat until lightly browned, about 5 minutes.
- 3 Add veggies and seasonings. Reduce heat to medium and sauté for 5 minutes. If using canned or thawed frozen veggies, skip this step and add veggies during step 4.
- 4 Add liquid and bring to a boil. Reduce heat and simmer for 25–30 minutes or until meat is cooked through. Stir occasionally.
- 5 Add cooked grains during the last 5–7 minutes of cooking time.

If using canned beans or lentils, canned meat, or tofu as your protein food:

- 1 Follow step 1 above. Skip step 2.
- 2 Add 1 Tablespoon of oil in step 3.
- 3 Add protein food.
- 4 Shorten cooking time to 15 minutes.

MAKE YOUR OWN SEASONING

Season your soup “to taste” with:

CURRY BLEND

Mix:

- 2 teaspoons turmeric
- 1 Tablespoon cumin
- 1 teaspoon ginger
- 1 Tablespoon coriander
- ¼ teaspoon cayenne
- ¼ teaspoon black pepper
- ½ teaspoon dry mustard
- Salt to taste

SCAN TO FIND MORE RECIPES



- 1 Log into [wichealth.org](https://www.wichealth.org).
- 2 Select **Get Started** in the *Health eKitchen Meal Planner*.
- 3 Select the **Recipes** tab and search **Seasonings**.

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Save time by using leftover cooked grains.

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Start with less salt than you think you need and add more to taste.

COOKING MADE EASY

Take This Lesson to Learn:

- How to make balanced soups.
- What knife skills are used to make soups.
- How to make your own seasoning blend.

To Get Started:

SCAN



– OR –

- Visit [wichealth.org](https://www.wichealth.org)
- Choose **Sign up** and enter your information
- Select **Begin**
- Choose the category: **Planning Simple Meals And Snacks**
- Choose the lesson: **Cooking Made Easy**

