

Build-A-Soup

Use the framework below to plan a soup that is full of your family's favorite flavors.

Liquids
○ Low-sodium chicken broth, 8 cups

Seasonings
○ All Purpose Blend, 3-4 Tablespoons

Veggies
○ Onion, 1 cup ○ Corn, 1 cup
○ Butternut squash, 1 cup ○ Tomatoes, 1 cup

Protein Foods
○ Kidney beans, 1 cup ○ White beans, 1 cup

Whole Grains
○ Brown rice, 3 cups, cooked

What's in your soup?
Liquids:

Seasonings:

Veggies:

Protein Foods:

Whole Grains:

Food prep skills used to make a soup:

- Chop: Herbs, collard greens, or cauliflower
- Cut: Winter squash
- Dice: Onion
- Mince: Garlic or ginger
- Prepare: Tofu, chicken, or shrimp
- Slice and chop: Tomato or cabbage

Food prep skills I will use to make a soup:

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Cooking methods used to make a soup:

- Bake: Fish
- Cook: Dry beans, lentils, or split peas
- Sauté: Veggies or chicken
- Steam: Veggies

Cooking methods I will use to make a soup:

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