

STEP-BY-STEP SOUP



Soup is a great way to clean out your fridge. It makes for an easy lunch or dinner. Leftovers can be frozen for up to three months.

PROTEIN

14 to 16 oz (1 pound)

Cut into bite-sized pieces

- ☐ Boneless skinless chicken (any kind)
- ☐ Beef (shoulder, round, or brisket)
- ☐ Pork (shoulder or butt)
- ☐ Canned chicken in water, drained
- ☐ Canned beans or lentils, drained & rinsed
- ☐ Extra-firm tofu, drained & cut in 1-inch cubes
- ☐ Frozen shelled edamame (soy beans), thawed & drained

VEGETABLES

2-3 cups total, any combo, fresh or frozen

- ☐ Carrot, celery, mushroom, or onions, sliced or chopped
- ☐ Greens (spinach, kale, chard, collards), chopped
- ☐ Broccoli or cauliflower florets
- ☐ Tomatoes, diced or steamed
- ☐ Zucchini or yellow squash, sliced

Canned, no salt added, drained & rinsed

- ☐ Tomato, diced
- ☐ Green beans
- ☐ Peas
- ☐ Mixed vegetables

FLAVORINGS

1/2 - 1 teaspoon

- ☐ Garlic, powder or minced
- ☐ Thyme, fresh or dried
- ☐ Parsley, fresh or dried
- ☐ Ginger, fresh or powder
- ☐ Cumin, ground
- ☐ Citrus zest, fresh or dried
- ☐ Hot peppers, ground

GRAINS

1.5 cups cooked

- ☐ White or brown rice
- ☐ Pasta
- ☐ Instant barley
- ☐ Couscous
- ☐ Quinoa

Liquid

4 cups

- ☐ Water
- ☐ Low-sodium stock/broth

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INSTRUCTIONS

If using meat or poultry as your protein:

1. COOK GRAINS



Cook grains following package directions. While grains cook, continue to next step.

2. BROWN PROTEIN



In a large soup pot over medium-high heat, heat 1 tablespoon oil. Add meat and flavor. Lightly brown meat, stirring occasionally, about 5 minutes. Set meat aside. Meat will finish cooking in soup.

3. ADD VEGGIES



Add fresh veggies to pot, (save thawed/canned for step 5). Start with harder veggies first (e.g. carrots, broccoli). As they soften, add softer veggies (e.g., zucchini) and keep cooking. Add additional flavoring here. Cook time about 10 minutes.

4. ADD LIQUID



Add liquid and bring to a boil. Add meat. Reduce heat. Simmer for 25-30 minutes or until meat is cooked through, stirring occasionally.

5. ADD GRAINS



Add cooked grains and any thawed/canned veggies to pot during the last 5-7 minutes to cook warm.

If using beans, lentils, or edamame as a protein:

Follow directions above, skip step 2. Add beans, lentils, or edamame in step 4, and shorten total cooking time to 15 minutes.

CHEF NOTES

- If using fresh herbs, add them at the end of cooking to keep them fresh.
- If you have leftover broth from a container, freeze it and add it to your soups or grains when you cook for added flavor.
- If you plan on using the soup for lunches, store grains separately from the soup. Add grains directly to your bowl instead of during cooking. When grains are stored in soup, they will absorb most of the liquid.

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