

Baked Potato Soup

Tips:

- ✓ Try leaving on the potato skins for added flavor and some extra fiber.

Recipe courtesy of *Cooking Light* magazine.



Soups

Nutrition Facts

Servings per Recipe: 12
Serving Size: 1 cup

Calories per Serving: 219
Total Fat: 7g
Saturated Fat: 4g
Cholesterol: 25mg
Sodium: 391mg
Total Carbohydrate: 16g
Dietary Fiber: 1g
Protein: 9g

%DV Vit A: 12%
%DV Vit C: 8%
%DV Calcium: 15%
%DV Iron: 14%

Gather Ingredients:

- 4 baking potatoes (about 2 ½ pounds)
- 2/3 cup all purpose flour
- 6 cups 2% milk
- 1 cup (4 ounces) reduced fat shredded extra sharp cheese, divided
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 cup reduced fat sour cream
- ¾ cup chopped green onions, divided
- 6 bacon slices, cooked and crumbled

Steps:

1. Bake potatoes in microwave until done and set aside. Can also be baked in the oven at 400°F for 1 hour or until tender. Cool. Scoop out potato, place in bowl and mash coarsely.
2. Lightly spoon flour into a dry measuring cup; level with a knife. Place flour in a large Dutch oven; gradually add milk, stirring with a whisk until blended. Cook over medium heat until thick and bubbly – about 8 minutes. Add mashed potatoes, ¾ cup cheese, salt, and pepper stirring until cheese melts. Remove from heat.
3. Stir in sour cream, ham, and ½ cup onions. Cook over low heat 10 minutes or until thoroughly heated (do not boil). Sprinkle each serving with cheese, onions and bacon.

Best Broccoli Soup

Soups

Tips:

An easy way to get your 5-9 fruit and vegetable servings each day is by having a bowl of soup such as this one.



Nutrition Facts

Servings per Recipe: 8
Serving Size: 1 cup

Calories per Serving: 140
Total Fat: 8g
Saturated Fat: 1.5g
Cholesterol: less than 5 mg
Sodium: 0mg
Total Carbohydrate: 13g
Dietary Fiber: 3g
Sugars: 6g
Protein: 5g

%DV Vit A: 100%
%DV Vit C: 90%
%DV Calcium: 10%

Gather Ingredients:

2 cups water	3 cups chicken broth
4 cups chopped fresh broccoli	2 cups skim milk
1 cup chopped celery	1 tablespoon minced fresh parsley
1 cup carrots	1 teaspoon onion salt
½ cup chopped onion	½ teaspoon garlic powder
6 tablespoons all-purpose flour	½ teaspoon salt

Steps:

1. In a pot, bring water to a boil. Add broccoli, celery and carrots; boil 2-3 minutes.
Drain; set vegetables aside.
2. In the same pot, sauté' onion in margarine until tender. Stir in flour to form a paste. Gradually add the broth and milk, stirring constantly. Bring to a boil; boil and stir for 1 minute.
3. Add vegetables and remaining ingredients. Reduce heat; cover and simmer for 30-40 minutes or until vegetables are tender.

Black-Eyed Pea Soup

Soups

Tips:

Canadian Bacon has 85% less fat than traditional breakfast bacon and can be used as a substitute in most recipes that call for bacon. Simply pan-fry in a hot skillet – no added fat is necessary.

Black-Eyed peas are a good source of soluble fiber, which helps to lower LDL (“lousy”) cholesterol. Other good sources of soluble fiber are oats and berries.

This recipe originated from: *What's Cooking at the Cooper Clinic*, from the Nutrition Department of the Cooper Clinic, Dallas, TX.

Nutrition Facts

Servings per Recipe: 10
Serving Size: 1 cup

Calories per Serving: 220
Total Fat: 4g
Saturated Fat: 2g
Cholesterol: 2mg
Sodium: 411mg
Total Carbohydrate: 28g
Dietary Fiber: 6g
Sugars: 0g
Protein: 18g

%DV Vit A: 5%
%DV Vit C: 15%
%DV Calcium: 19%
%DV Iron: 12%

Gather Ingredients:

2 ounces Canadian bacon, chopped
1 cup chopped onion
2 cups tomatoes, chopped
2 tablespoons jalapenos, finely chopped (optional)
½ teaspoon minced garlic
salt & pepper to taste
3 cups water
2 chicken bouillon cubes
4 (15.8 ounce) cans black-eyed peas, drained and rinsed
3 cups low-fat (2% or fat-free) cheddar cheese, grated

Steps:

1. Spray saucepan with non-stick vegetable cooking spray; add Canadian bacon, onions, tomatoes, jalapenos, garlic, salt and pepper. Cover. Sauté until onions become clear. If ingredients begin to stick, you may add up to 2 tablespoons of water.
2. Add water; dissolve bouillon cubes in the mixture.
3. Add peas (drained and rinsed) to the soup and simmer for 20 minutes or until steaming hot.
4. Add the cheese and stir until melted, or serve as garnish.

Creamy Broccoli Soup

Soups

Tip:

This soup is a fast one for busy families. The sodium content is also low compared to many commercial processed soup mixes. Frozen broccoli is a quick time saver in this recipe.

Serving Suggestions:

Double the serving size and add a whole grain roll to make a meatless meal packed with vitamins, minerals and fiber.



Nutrition Facts

Servings per Recipe: 10

Serving Size: $\frac{3}{4}$ cup

Calories per Serving: 90

Total Fat: 3.0g

Saturated Fat: 0.5g

Cholesterol: 3mg

Sodium: 302mg

Total Carbohydrate: 11g

Dietary Fiber: 2g

Sugars: 4g

Protein: 4g

%DV Vit A: 36%

%DV Vit C: 45%

%DV Calcium: 8%

%DV Iron: 5%

Gather Ingredients:

1 pound of chopped broccoli, frozen

1 medium onion, chopped

1 carrot, shredded

$\frac{1}{4}$ cup light margarine

2 tablespoons all purpose flour

2 cups skim milk

1 can 98% Fat Free Cream of Chicken soup, condensed

1 teaspoon ground white pepper

1 teaspoon paprika

2 ounces dry sherry

Steps:

1. Sauté broccoli, onion and shredded carrot in margarine until vegetables are tender.

2. Stir in flour until thickened slightly.

3. Stir in milk and soup (mix ahead for easier incorporation); cook mixture just until thoroughly heated (about 15 minutes).

4. Stir in sherry. Sprinkle with pepper and paprika.

Easy Cheesy Vegetable Soup

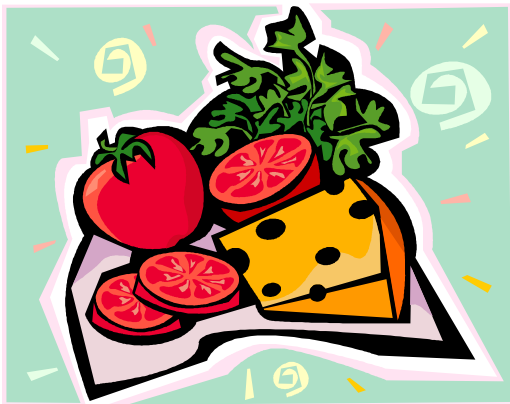
Soups

Tip:

This soup is a fast one for busy families. The sodium content is also low compared to many commercial processed soup mixes. Using frozen vegetables is a quick time saver in this recipe.

Serving Suggestions:

Spinach salad
Bread



Nutrition Facts

Servings per Recipe: 6
Serving Size: 1¼ cup

Calories per Serving: 198
Total Fat: 3g
Saturated Fat: 1.5g
Cholesterol: 15mg
Sodium: 383mg
Total Carbohydrate: 37g
Dietary Fiber: 3g
Sugars: 11g
Protein: 12.5g

%DV Vit A: 23%
%DV Vit C: 20%
%DV Calcium: 26%
%DV Iron: 6%

Gather Ingredients:

4 ounces reduced-fat process cheese spread loaf, cubed
3 ½ cups fat-free (skim) milk
½ teaspoon chili powder
2 cups cooked brown, wild, or white rice
1 bag (1 pound) frozen cauliflower, carrots and asparagus (or other combination), thawed, and drained

Steps:

1. Cook rice.
2. Heat cheese and milk in 3-quart saucepan over low heat, stirring occasionally, until cheese is melted.
3. Stir in chili powder. Stir in rice and vegetables; cook until hot.

Recipe from: Betty Crocker's Diabetes Cookbook

Easy Tomato Bisque

Soups

Tip:

A delicious, easy way to make a soup to impress your guests. Use low sodium tomato juice and reduce the sodium. Serve with some crusty bread, lowfat cheese, a big salad and you have a meal.

Gather Ingredients:

Vegetable cooking spray
1 can diced tomatoes with onions & garlic
2 Tablespoons flour
1 (12 ounce) can tomato juice or V8 juice
1 cup skim milk
1 teaspoon Italian seasoning, dried OR
1 Tablespoon fresh, chopped basil, thyme and oregano
Pepper to taste

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1 cup

Calories per Serving: 90
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 380mg
Total Carbohydrate: 15g
Dietary Fiber: 1g
Sugars: 14g
Protein: 8g

%DV Vit A: 20%
%DV Vit C: 20%
%DV Calcium: 25%
%DV Iron: 4%

Steps:

1. In a 2 quart saucepan pour diced tomatoes and add flour.
2. Cook for a few minutes to heat through.
3. Add Italian seasonings and tomato juice or V8 juice.
4. Cook till thickened slightly.
5. Whisk in milk and cook till starting to bubble.

Homemade Bean Soup

Soups

Tip:

Soaking beans overnight before cooking helps to lessen the effect of intestinal gas which can be uncomfortable. Soak your beans for at least four hours in nine cups of water for every one cup of beans.



Serving Suggestions:

Serve beans with whole grains to obtain a source of “complete” protein. Also, vitamin C-rich foods (like tomatoes) and iron-rich foods (some lean meats) will help your body absorb and use the iron available in the beans.

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 cup

Calories per Serving: 139
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 582mg
Total Carbohydrate: 25g
Dietary Fiber: 5g
Sugars: 2g
Protein: 9g

%DV Vit A: 50%
%DV Vit C: 16%
%DV Calcium: 6%
%DV Iron: 11%

Gather Ingredients:

½ cup dried pinto or white beans
Water
1 carrot
2 stalks celery

1 large potato
1 clove garlic
4 cups fat free broth
Salt and pepper (optional)

Steps:

Do Ahead Preparation:

Soak dried beans overnight in refrigerator

1. Drain beans.
2. Chop up carrot, onion, celery, potato and garlic.
3. Measure broth, put in pan with beans, carrot, onion, celery, potato and garlic.
4. Bring to boil. Turn heat down. Simmer 2 to 3 hours or until beans are tender.
5. Add pepper before serving. Taste before adding salt.

30-Minute Minestrone

Soups

Tip:

Use this quick, yummy soup to warm up a cold evening! Serve with crackers or even cornbread for a healthy, hearty meal.

Gather Ingredients:

2 medium carrots, chopped
1 cup chopped cabbage
1 celery rib, thinly sliced
1 small onion, chopped
1 garlic clove, minced
2 tsp canola oil
3 cups water
1 can (14½ ounces) Italian stewed or diced tomatoes, undrained
3 low-sodium beef bouillon cubes
1 cup torn fresh spinach
2/3 cup cooked elbow macaroni
¼ tsp pepper

Nutrition Facts

Servings per Recipe: 5
Serving Size: 1/5 of recipe

Calories per Serving: 110
Total Fat: 3.5g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 560 mg
Total Carbohydrate: 18 g
Dietary Fiber: 3g
Sugars: 0g
Protein: 3 g

%DV Vit A: 180%
%DV Vit C: 35%
%DV Calcium: 4%
%DV Iron: 8%

Steps:

1. In a 3-qt. Saucepan, sauté carrots, cabbage, celery, onion and garlic in oil for 5 minutes.
2. Add water, tomatoes and bouillon; bring to a boil. Reduce heat.
3. Simmer, uncovered, for 20 - 25 minutes or until vegetables are tender.
4. Stir in spinach, macaroni and pepper; heat through.



Potato Soup

Soups

Tip:

Use no salt added broth and leave out the salt to make a lower sodium soup.

Gather Ingredients:

2 tablespoons light margarine
2 medium onions, chopped
3 carrots, chopped
3 stalks celery, chopped
5 pounds potatoes, peeled and chopped
2.5 quarts clear chicken broth (10 cups)
2 cups water
1 teaspoon salt
2 teaspoons pepper
1 teaspoon garlic powder
½ cup all-purpose flour
2 cups skim milk

Nutrition Facts

Servings per Recipe: 20
Serving Size: 1 cup

Calories per Serving: 80
Total Fat: 1.5g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 650mg
Total Carbohydrate: 13g
Dietary Fiber: 4g
Sugars: 4g
Protein: 5g

%DV Vit A: 60%
%DV Vit C: 35%
%DV Calcium: 6%
%DV Iron: 8%

Steps:

1. Melt light margarine in large pan (Dutch oven).
2. Add chopped onion, carrots, and celery.
3. Sauté until vegetables are tender.
4. Add peeled and chopped potatoes and chicken broth.
5. Add water as needed to cover the potatoes.
6. Cook until potatoes are tender.
7. Mix flour with cold milk until smooth and add to soup.
8. Cook until thickened and smooth.

Southwestern Chili

Soups

Gather Ingredients:

Southwestern Seasoning Mix (see recipe)
½ pound extra lean ground beef
1 large onion, chopped
1 medium green bell pepper, chopped
1 clove garlic, minced
1 ½ cups V8 or tomato juice
1 ½ to 2 cups beef or chicken stock
1 cup canned crushed tomatoes in puree
3-4 cups cooked black or red beans
¾ teaspoon salt
Black pepper, to taste
Low-fat grated cheddar cheese, fat-free sour cream, and/or chopped parsley/cilantro, for garnish

Southwestern Seasoning Mix

1 Tablespoon Cumin
1 Tablespoon Mild chili powder
1 ½ teaspoon Coriander
1 teaspoon unsweetened cocoa powder
1 teaspoon sugar

Nutrition Facts

Servings per Recipe: 10
Serving Size: 1 cup

Calories per Serving: 140
Total Fat: 4g
Saturated Fat: 1.5g
Cholesterol: 15mg
Sodium: 450mg
Total Carbohydrate: 18g
Dietary Fiber: 5g
Sugars: 4g
Protein: 9g

%DV Vit A: 6%
%DV Vit C: 30%
%DV Calcium: 4%
%DV Iron: 10%

Steps:

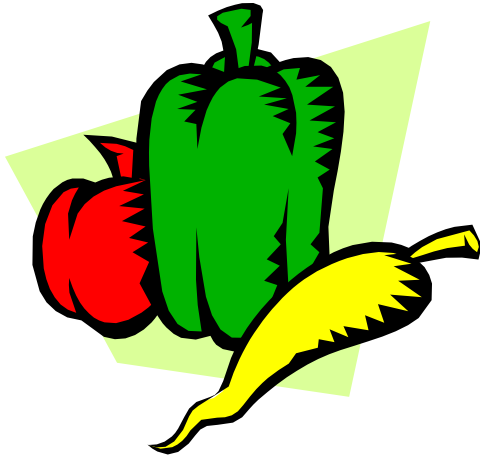
1. In a small bowl, blend all of the ingredients for the Southwestern Seasoning Mix, then set the bowl aside.
2. Brown ground beef over medium heat for several minutes. Drain any excess fat. Add onion and green pepper and cook over moderate heat for 8-9 minutes, until the onion is translucent.
3. Add the garlic, tomato juice, beef or chicken stock, crushed tomatoes, beans, salt, and seasoning mix.
4. Cook on low heat for about 30 minutes.
5. Top with low-fat grated cheddar cheese and fat-free sour cream. Garnish with fresh parsley or cilantro.

Taco Soup

Soups

Tips:

Draining and rinsing higher fat hamburger meat can reduce the fat by as much as 50% if lean or extra lean meat is not economical for you.



Nutrition Facts

Servings per Recipe: 14
Serving Size: 1 cup

Calories per Serving: 140
Total Fat: 4.5
Saturated Fat: 2g
Cholesterol: 20mg
Sodium: 400mg
Total Carbohydrate: 15g
Dietary Fiber: 5g
Sugars: 7g
Protein: 12g

%DV Vit A: 6%
%DV Vit C: 8%
%DV Calcium: 0%
%DV Iron: 15%

Gather Ingredients:

- 1 pound Lean ground beef
- 1 large onion, chopped
- 3-16 ounce cans Mexican style chili beans, undrained
- 16-ounce can whole corn, undrained
- 16-ounce can chopped tomatoes, undrained
- 15-ounce can tomato sauce
- 1 ½ cups water
- 4 ½- ounce can chopped green chilies (or large can if you prefer)
- 1 package Taco seasoning mix
- 1 envelope Fat-Free Hidden Valley Ranch dry salad dressing mix

Steps:

1. Cook beef and onion until beef is browned; drain.
2. Mix beef and onion with other ingredients in a large pan.
3. Bring mixture to a boil; reduce heat and let simmer for 15 minutes.

Makes 3 ½ quarts of soup. This soup freezes well and can be kept in freezer for up to 3 months.

Tortilla Soup

Soups

Tip:

To make this soup lower sodium, use no salt added chicken broth and canned tomatoes and rinse the beans after you drain them.

Gather Ingredients:

2 (5 ounce) cans chicken
1 medium onion, chopped
1 stalk celery, chopped
1 clove garlic, chopped
½ package dry taco seasoning mix
2 (14.5 ounce) cans fat-free chicken broth
2 (14.5 ounce) cans tomatoes, chopped
1 (4 ounce) can chopped green chilies
1 (14.5 ounce) can navy beans, drained
6 corn tortillas, cut into 1-inch squares
½ cup fat-free sour cream

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1/6 of recipe

Calories per Serving: 260
Total Fat: 4.5g
Saturated Fat: 0g
Cholesterol: 40mg
Sodium: 1470mg
Total Carbohydrate: 33g
Dietary Fiber: 6g
Sugars: 7g
Protein: 20g

%DV Vit A: 20%
%DV Vit C: 20%
%DV Calcium: 10%
%DV Iron: 10%

Steps:

1. Spray a large pot with non-stick cooking spray.
2. Add chopped onion, celery, and garlic and sauté until soft.
3. Add canned chicken, chopped canned tomatoes, drained canned beans, taco seasoning, and broth.
4. Simmer for about 15 minutes (or longer).
5. Add cut tortillas and simmer an additional 1-2 minutes to soften.
6. Serve with a dollop of fat-free sour cream on the top or have on the side.

Vegetable and Pasta Soup

Tips:

Gather Ingredients:

- 1 cup chopped onion
- 1 cup baby carrots
- ¾ cup celery, sliced
- 1 cup frozen corn
- ½ teaspoon minced garlic
- 3 tablespoons olive oil
- 6 cups lower sodium, fat free beef broth or water
- 1 28 ounce can diced tomatoes
- 1 8 ounce can tomato sauce
- ½ teaspoon thyme
- ½ teaspoon rosemary
- ¼ teaspoon marjoram
- ¼ teaspoon black pepper
- 3 cups chopped green cabbage
- 1 cup frozen cut green beans
- 2 cups cooked macaroni

Soups

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1/8 of recipe

Calories per Serving: 186
Total Fat: 6g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 672mg
Total Carbohydrate: 16.4g
Dietary Fiber: 5g
Protein: 6g

%DV Vit A: 110%
%DV Vit C: 60%
%DV Calcium: 8%
%DV Iron: 10%

Steps:

1. Place all ingredients except pasta in a large soup kettle. Bring to a boil. Reduce heat to a simmer. Simmer for 1 to 1 ½ hours or until vegetables are tender.
2. Add macaroni and warm thoroughly.

Recipe source: OSU Cooperative Extension Service

Vegetable Stew

Tips:

Gather Ingredients:

- 1 medium yellow onion, sliced
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 1 pound yellow squash, cubed
- 1 pound zucchini, cubed
- 2 medium tomatoes, peeled, chopped
- ¾ pound frozen green beans, sliced
- 1 ¼ cups fresh corn kernels
- 1 teaspoon salt
- ½ teaspoon pepper

Soups

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1/8 of recipe

Calories per Serving: 87
Total Fat: 2g
Saturated Fat: trace
Cholesterol: 0mg
Sodium: 275mg
Total Carbohydrate: 15g
Dietary Fiber: 4g
Protein: 3g

%DV Vit A: 16%
%DV Vit C: 40%
%DV Calcium: 5%
%DV Iron: 7%

Steps:

1. In a large skillet, sauté onion and garlic in oil until tender.
2. Add squash, tomatoes, and beans. Reduce heat, cover, and cook slowly 15 minutes longer.
3. Add corn, salt, and pepper. Cook for 4 minutes.

Recipe courtesy of OSU Cooperative Extension Service

Vegetable Stock

Tips:

- ✓ Good for making soups or stews

Gather Ingredients:

1 tablespoon extra-virgin olive oil
2 leeks, white and light green parts only, well washed and chopped
4 medium onions, chopped
6 large carrots, peeled and chopped
3 stalks celery, chopped
1 small bunch parsley stems
2 teaspoons dried whole marjoram
½ teaspoon dried whole thyme
2 bay leaves
1 ½ gallon cold purified water

Recipe courtesy of *Dr. Andrew Weil, MD*

Soups

Nutrition Facts

Servings per Recipe: 20
Serving Size: 1/20th

Calories per Serving: 36
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 0mg
Total Carbohydrate: 7g
Dietary Fiber: 2g
Protein: 0g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Steps:

1. Heat the olive oil over medium heat in a large pot. Add the vegetables and stir-fry to brown lightly. Add the marjoram, thyme, bay leaves, and cold water. Bring to a boil, reduce heat, cover and simmer for one hour.
2. Strain the stock through a fine sieve or a cheesecloth-lined colander. Press or squeeze the vegetables to extract their liquid.
3. Discard the vegetables. If you don't use it right away, freeze it for later use.

Very Veggie Chili

Soups

Tips:

A great alternative to regular chili, this recipe is filled with high fiber ingredients to really fill you up!

The sodium content comes from the canned vegetables. To decrease the amount of sodium use fresh or frozen vegetables in the place of canned. You can also rinse off the beans and corn with warm water before adding to the recipe.

This is very tasty served with a dollop of fat-free sour cream and a small amount of 2% grated cheese.

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1 cup

Calories per Serving: 220

Total Fat: 3.5g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 590 mg

Total Carbohydrate: 39g

Dietary Fiber: 5g

Protein: 10g

%DV Vit A: 20%

%DV Vit C: 30%

%DV Calcium: 15%

%DV Iron: 10%

Gather Ingredients:

- 1 medium green bell pepper, chopped
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon canola oil
- 2 cans (14 ½ ounce) Mexican tomatoes
- 1 (15 ounce) can pinto beans, drained
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can whole kernel corn, drained
- 2 ½ cups water
- 1 cup uncooked brown rice
- 2 tablespoons chili powder
- 1 teaspoon ground cumin

Steps:

1. In a 3-quart saucepan, sauté first four ingredients until tender (about 5 minutes).
2. Add remaining ingredients, stir well.
3. Bring to boil, then reduce heat. Cover and simmer for 30 minutes stirring occasionally.