

# Create-a-Soup

Choose an item from each category to create a tasty soup! Serves 4.

**1**

## **SAUTE ONE MEDIUM CHOPPED ONION**

In a large pot, cook onion in 2 tbsp. oil until lightly browned. Or for a lighter version, cook onion in 1/4 cup water or broth until lightly browned and softened. To save even more time (and tears), use frozen chopped onion.

**2**

## **ADD VEGETABLES (2-3 CUPS CHOPPED)**

Fresh, canned or frozen all work great! Recommended choose 2-3 of: Celery, Carrots, Peas, Corn, Green Beans, Bell Peppers, Zucchini, Squash, Mushrooms, Broccoli, Cauliflower, Cabbage etc.

**3**

## **PICK A PROTEIN**

1 lb. fresh/frozen ground beef, chicken, ham, sausage etc.  
1lb. canned chicken, beef, ham etc.  
1 (16oz.) canned beans (kidney, pinto, white, black, garbanzo etc.)

**4**

## **SELECT A STARCH**

3-4 cups diced potatoes  
2 (16oz.) canned beans  
4 oz. noodles  
1/2 cup uncooked rice

**5**

## **CHOOSE A BROTH OR BASE (1 QUART)**

4 cups vegetable, chicken, or beef broth  
4 cups water or milk and vegetable, chicken, or beef bouillon  
1 can crushed or diced tomatoes and 2-3 cups water  
Any combination of above to make 1 quart

**6**

## **CHOOSE ONE OR MORE SEASONINGS**

2-3 teaspoons dried herbs  
2-4+ tablespoons fresh herbs  
Bay leaf  
Minced garlic  
Salt and pepper to taste

**DIRECTIONS:** Once onion is lightly browned, add vegetables and protein and brown as needed. Add remaining ingredients (except fresh herbs.) Partially cover pot and simmer until everything is cooked through and tender (about 20-30 minutes). Add fresh herbs and season to taste with salt and pepper. Simmer another 5 minutes. Serve and enjoy!