

# SENIOR NUTRITION NEWS



January 2025

*Eat Smart Idaho*

## Souper Nutrition

January is a great time of year to warm your body with soup. Soup can be a quick and easy meal that can be very economical and healthy. Use these tips to boost nutrition, trim fat and salt, and save time.



### For extra nutrition:

- Add barley, brown rice, or other whole grains to add fiber.
- Add vegetables such as carrots, peas, onions, spinach, peppers or other favorites for more vitamins, minerals, fiber and flavor.
- Use beans and peas such as kidney beans, lentils, split peas or black beans as the main ingredient in your soup to boost fiber.

### For less fat:

- Use lean meats such as lean ham, round steak, turkey or chicken breast.
- Cool soups after cooking and remove the layer of fat that rise to the surface before reheating and serving the soup.
- Use non-fat, evaporated skim milk in place of heavy cream in cream soups.

### For less salt:

- Choose low-salt canned broth or low salt canned soups in place of regular.
- Season soups with herbs such as garlic and onion powders, thyme, oregano and red pepper. Also leave out or reduce the amount of salt in recipes.

### To save time:

- Use no salt added canned dry beans or peas in place of beans or peas that need to be pre-soaked or cooked for a long time.
- When you have time cook a large batch of dried beans. Freeze small portions of these beans and use them to add fiber to soups you make in the future.
- Use frozen or no salt added canned pre-cut vegetables.
- Prepare extra soup then refrigerate or freeze leftovers in small, shallow containers to reheat on a busy day. Store in the refrigerator, if you will be eating it within 2 days. Frozen soup can be stored safely in the freezer for 2 to 3 months.



### Easy Vegetable Soup

2 tsp. olive	1 small onion, chopped
½ tsp garlic powder	½ tsp. basil
1 cup water	10.75 oz. no salt added chicken broth
1 can (14.5 oz.) stewed tomatoes	1 cup frozen corn
1 cup instant brown rice, uncooked	1/3 cup parmesan cheese

1. Heat oil in large saucepan. Add onion and cook until tender.
2. Add garlic, basil, water, broth and tomatoes with juice.
3. Bring to a boil and then reduce heat. Cover and simmer for 7 minutes.
4. Add corn and rice. Cover and simmer 10 minutes or until rice is cooked.
5. Pour into bowls and top with parmesan cheese.



### Three Can Chili

1 can low-sodium black beans (15 oz.)	1 can low-sodium corn (15.5 oz.)
1 can no-salt chopped tomatoes (14.5 oz.)	1/2 red onion
1/2 green bell pepper	Chili powder, cumin, & pepper,

1. Wash onion and pepper, remove onion skin and pepper seeds, and chop.
2. Place the contents of all three cans, undrained, in a large saucepan. Stir in the onion and pepper. Sprinkle with chili powder, cumin, and pepper, to taste. Cook over medium heat until thoroughly heated through.
3. Serve hot and enjoy!

**For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:**

Panhandle: Benewah, Bonner, Boundary,  
Kootenai & Shoshone Counties      208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,  
Lewis, & Nez Perce Counties      208-883-2267



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**Sources:** [http://msue.anr.msu.edu/news/soup\\_is\\_on](http://msue.anr.msu.edu/news/soup_is_on); <https://eat-move-save.extension.illinois.edu/eat/recipes/easy-vegetable-soup> retrieved 12/17/24

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