

## Broth Soup Recipes



Key: If you see this logo, we have uploaded a video on our Purdue Extension Carroll Co. YouTube channel.

### Broth vs. Stock

Broth is a thinner, seasoned liquid that starts with meat and some vegetables. It is a flavorful foundation for many soups. Stock is made from simmering bones and has a stronger flavor and fuller body than broth.

When purchasing broths and stock products, you should read the label. In particular, look at the sodium content.



	Amt. Sodium (mg)	Calories
Stock	500	30
Broth	1080	10
Broth – 99% fat free	890	15
Broth – 50% less sodium & 100% fat free	440	15
Base	750	15
Granules	870	5

### Chicken Noodle Soup



1 box chicken broth, low sodium  
8 oz. chicken  
½ pkg. noodles



#### Directions

In a 3 qt. saucepan, add broth and chicken. Heat on High until broth is boiling. Add noodles. Stir. Simmer for 8 - 12 minutes, depending on the package directions.

Note: There is a variety of chicken choices. If you select frozen, be sure to thaw the chicken. Frozen chicken is available as pulled / shredded or diced oven roasted / grilled pieces. If you use canned chicken, remember to rinse the chicken to remove extra sodium.

Makes 4 servings

Nutrition Facts per serving: 300.8 cal., 3.9 g. fat, 89.3mg cholesterol, 41.5 g. carbs, 612.3 mg sodium, 239.5 mg. potassium, 1.5 g. fiber, 22.8 g. protein

### Stuffed Pepper Soup



1 lb. ground beef  
2 green or red bell peppers  
1 onion, chopped  
1 clove garlic, minced  
1 15oz can tomato sauce  
1 15oz can diced tomatoes  
3 c. beef broth  
1 T brown sugar  
1 tsp black pepper  
1 tsp salt  
1 tsp paprika  
1/4c. white rice uncooked



#### Directions

1. Heat pan and add ground beef. Cook until no longer pink. Drain off all but a T of grease.
  2. Add peppers and onions, cook until they begin to soften.
  3. Transfer to a pot and add remaining ingredients. Cook until vegetables and rice are tender about 25 minutes
  4. Can add additional broth as needed to thin soup.
  5. Serve immediately with garnish of choice.
  6. Can also make in **crockpot** (sprinkle rice on top of rest and cook 4-6 hours on high)
- Makes 8 servings

Nutrition Facts per serving: 212.8 cal., 11.9 g. fat, 42.5 mg cholesterol, 14.7 g. carbs, 797.9 mg sodium, 13 g. protein

### Pulled Pork Vegetable Soup



2 cups pulled pork  
1 cup O'Brien potatoes  
1 pkg. frozen vegetables  
15 oz can diced tomatoes  
3 c. beef broth  
11.5 oz. can vegetable juice



Place all ingredients into large stock pot. Bring to a boil. Turn temperature to medium low and simmer for 20 minutes.

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## Cream and Chowder Soup Recipes



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### Cream and Chowder Soups

Cream soup starts with white sauce ingredients – melt butter; thicken with flour and add milk or cream. A classic cream soup is broccoli cheddar. Most folks expect chowders to be a chunkier cream soup. A classic chowder is the New England clam chowder.

When making cream soups and chowders, you can reduce the fat in your soup or chowder by using lower fat ingredients such as: 2% cheese, 1% or 2% milk; soft canola butter vs. butter sticks.

#### Broccoli Cheese Soup



- 2- 12oz pkg frozen chopped broccoli
- ¼ c. butter
- ¼ c. flour
- 2 c. chicken broth
- 2 c. whole milk
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder
- 2 c. Cheddar cheese



#### Directions

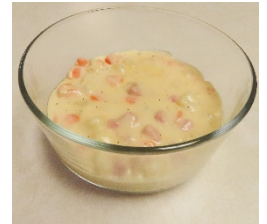
1. In a large saucepan cook broccoli according to pkg. directions
2. Add butter to large saucepan. When melted add flour and whisk together. Cook while whisking.
3. Slowly pour in stock and milk while whisking. Add broccoli and spices. (Can blend to achieve desired texture)
4. Simmer until thickened stirring often.
5. Add cheddar cheese handful at a time stirring until melted.

Makes 6 servings.

Nutrition Facts per serving 317.3 cal., 23.2 g. fat, 70.6 mg cholesterol, 13.1 g. carbs, 631.5 mg sodium, 15.9 g. protein

#### Potato Soup

- 2 c. water
- 2 c. potatoes
- Pinch salt
- ½ c. diced carrots
- ½ c-1c. diced ham
- ¼ tsp pepper
- ¼ c. butter
- ¼ c. flour
- 2 c. milk
- ½ c. Velveeta
- Bacon and Cheddar cheese, optional toppings



#### Directions

1. Cook vegetables and ham in water until tender.
2. Melt ¼ c. butter and stir in flour.
3. Add 2 c. milk while stirring.
4. Heat until thickened.
5. Mix white sauce with vegetables and add ½ c. Velveeta. Stir until melted. Do not boil.
6. Garnish with chopped bacon and cheddar cheese.

Makes 6 servings

Nutrition Facts per serving: 294 cal., 18.8 g. fat, 63.5 mg cholesterol, 19 g. carbs, 709.7 mg sodium, 12.9 g. protein

#### Crab Soup

- ½ stick butter
- 2 T. flour
- 1 tsp. Old Bay Seasoning
- ¾ c. evaporated milk
- 1 can (6oz. ea.) lump crabmeat, already cooked



#### Directions

1. Melt butter over medium heat.
2. Add flour and Old Bay. Stir until smooth.
3. Slowly add milk-stir until slightly thickened.
4. Simmer on medium low for about 10-20 minutes. Stir often.
5. Temp. needs to be 160 °F.

Makes 2 servings

Nutrition Facts per serving: 528.3 cal., 42.0 g. fat, 122.1 mg cholesterol, 22.5 g. carbs, 793.1 mg sodium, 14 g. protein

## Chili Soup Recipes



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### Main Dish Baked Beans



1 lb. ground beef  
1 or 2 (16 oz.) can(s) pork & beans  
2 T. vinegar (Apple Cider)  
2 T. Splenda® or sugar  
½ cup ketchup  
¼ tsp. Tabasco sauce



#### Directions

Brown ground beef and drain. Mix with other ingredients. Bake in casserole dish at 350°F. for 30 minutes, simmer on top of the stove for 15 – 20 minutes, or put in a crockpot for a few hours.

Makes 6 servings

Nutrition Facts per serving: 372.9 cal., 17 g. fat, 56.7 mg cholesterol, 34.6 g. carbs, 933.4 mg sodium, 201.2 mg. potassium, 20.7 g. protein

Source: *Craig Co. VA EH Cookbook*

### Additional Items for a Variety of Flavors in Chili

- ✓ To add heat – use hot sauce, pickled jalapenos or cayenne pepper.
- ✓ To make the meat savory – add Worcestershire sauce.
- ✓ Semi-sweet chocolate will add a faint hint of sweet and bitter. Plus, it has a richer taste.
- ✓ Lime Juice and vinegar will add a tanginess.
- ✓ Sugar, whether it be white, brown or a substitute, will add a sweetness.

Another tip – if your chili is too thin, try simmering with the lid off or add more beans, which adds starch to help thicken the soup.

### Basic Chili



½ lb. ground meat  
½ onion, diced  
½ green pepper, diced  
1 can kidney beans, chili ready  
1 can diced tomatoes  
½ tsp. chili powder  
Optional Toppings:  
Grated cheese  
Sour cream



#### Directions

In a large wok or Dutch oven, brown meat, onions and green pepper. Rinse and drain. Add kidney beans, tomatoes and seasoning. Stir. Cover and simmer for 15 minutes, stirring occasionally. Serve with cheese and sour cream.

Makes 4 servings

Nutrition Facts per slice: 298.5 cal., 12.2 g. fat, 42.5 mg cholesterol, 28.3 g. carbs, 699.3 mg sodium, 10.8 g fiber, 18.1 g. protein

### Meat Selection

Ground meats have a variety of fat content. To lower the fat content in soup, select a leaner ground meat. See the difference below between ground beef (70% lean), ground chuck (80% lean) and ground turkey (95% lean for all white meat).

