



SAVORY SOUP FAVORITES

Cream of Vegetable Soups

Soup Base:

½ cup low-sodium chicken broth
1 Tablespoon chopped onion
⅓ cup skim milk or
canned evaporated skim
milk



Vegetable Variations:

Cream of Broccoli or Cauliflower Soup, add:

2 cups chopped broccoli or cauliflower
⅛ teaspoon cayenne pepper

Cream of Carrot Soup, add:

1 cup peeled, diced carrots
⅛ teaspoon nutmeg

Cream of Sweet Potato Soup, add:

1 cup sweet potato, peeled and cubed
½ teaspoon cinnamon

Combine chicken broth, onion, vegetable, and seasoning in a saucepan. Bring to a boil. Reduce heat, cover and simmer 10-15 minutes or until vegetables are tender. Pour into a blender or food processor. Add skim milk or light cream and blend until smooth. Serve hot or cold.

Source: Adapted from *Cooking for 1 or 2*, K. Greenburg and B. Kyle, Bristol Publishing Enterprises.

Turkey Soup with Sweet Potatoes

1 cup cooked wild rice
2 cups peeled, diced sweet potato, canned or fresh
1 (14-ounce) can low-sodium vegetable broth
1 (32-ounce box) low-sodium chicken broth
1 (15-ounce) can white beans, drained & rinsed
¾ lb. turkey meat, chopped (chicken can be substituted)
⅓ cup dried cranberries
½ teaspoon dried thyme
1 Tablespoon dried parsley
¾ tsp. black pepper

Cook rice according to package directions. Place sweet potato in medium pot and add vegetable broth. Bring to a boil, stir, lower heat and gently boil until sweet potato is cooked, about 18-20 minutes (if using canned, heat only 2-3 minutes). Add chicken broth, beans, turkey, and rest of ingredients and simmer, stirring occasionally, until soup is 165°F.

Makes 6 servings. Per serving:
Calories 386; Total fat 3g; Sat fat <1 g;
Carb 59g; Fiber 5g; 381 mg Sodium.

Source: National Cancer Institute,
www.5aday.gov