



# A nutrition Fact Sheet



## Soups

Create your own soup! Choose the specified amount from each category and follow the directions below. Each pot of soup serves four adults.

Vegetables	Protein	Grain	Broth/Base
<i>1 onion plus</i> 2-3 cups (chopped) of the following vegetables (fresh, frozen, or canned)	<i>1 of the following:</i> 2 cups <b>cooked</b> beans (or canned, drained and rinsed) 1 pound <b>lean</b> meat 1 cup cheese	<i>1 of the following:</i> 4 ounces whole grain noodles or pasta ½ cup uncooked grain	<i>4 cups total</i>
			Vegetable, beef, or chicken broth or broth made from bouillon 1 can crushed tomatoes and 2 cups water
Broccoli Carrots Cauliflower Celery Corn Green beans Green pepper Mushrooms Peas Potatoes Winter squash Zucchini	Black beans Cheddar cheese Chickpeas Cooked chicken Cooked ground beef Cooked turkey Cooked ham Kidney beans Lentils (uncooked) Pinto beans Split peas (uncooked) White beans	Whole grain egg noodles Small whole grain pasta shapes Barley Brown rice Bulgur	<b>Seasonings</b> <i>2-3 teaspoons dried herbs</i> <i>2-4 Tablespoons fresh herbs</i>
			Basil Bay leaf (remove after cooking) Chili powder Cumin Minced garlic Oregano Rosemary Salt (no more than ¼ teaspoon) Thyme

**Directions:** In large pot, cook onion in ¼ cup water or broth until slightly browned. Add vegetables and protein. Brown or cook protein as needed. Add remaining ingredients (except fresh herbs). Partially cover pot and simmer until meat is thoroughly cooked and starch and vegetables are tender (about 20–30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes. Serve.

Utah State University Extension Creates Series: [extension.usu.edu/foodsense/htm/cook/cooking-basics](http://extension.usu.edu/foodsense/htm/cook/cooking-basics)

## Italian Wedding Minestrone Soup

Yield: 6 servings • Serving Size: 1 cup

- 1 onion, chopped
- 2 or 3 large garlic cloves, minced
- 4 cups low sodium chicken or vegetable broth
- 1 14.5-ounce can stewed Italian style tomatoes
- 2 cups cooked kidney beans (or canned, drained and rinsed)
- 2 cups fresh vegetables, peeled and chopped (or frozen vegetables)
- 1 Tablespoon Italian seasoning
- ½ cup whole wheat pasta, such as rotini, macaroni, or small shells

1. Sauté onion and garlic in ¼ cup of the broth.
2. Add remaining broth, tomatoes, beans, vegetables, and seasonings. Stir to mix.
3. Bring to boil on medium high heat.
4. Stir in pasta. Reduce heat to medium low. Simmer about 20 minutes or until the pasta is tender.

## Barley and Beef Chili

Yield: 9 servings • Serving Size: 1 cup

- 2 teaspoons vegetable oil
- 1 pound lean ground beef (15% fat or less), turkey, or chicken
- 1 medium onion, chopped
- ½ cup barley, uncooked
- 1 28-ounce can cut tomatoes
- 1 cup water
- 2½ Tablespoons chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon cayenne
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ½ teaspoon salt (optional)
- 3½ cups cooked beans or 2- 15-ounce cans (kidney, pinto, black, etc.)
- Grated cheese or crumbled tortilla chips for garnish (optional)

1. Heat oil in heavy frying pan over medium heat. Add ground beef and onion. Cook, stirring frequently, until beef is no longer pink.
2. Add barley, tomatoes, water, chili powder, cumin, cayenne, garlic powder, pepper, and salt (if using). Cover; cook for 30 minutes over low to medium heat.
3. Add beans and cook for 15 to 20 minutes longer or until barley is soft. Serve hot with toppings, if desired.

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Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>(393g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 73mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 389mg	<b>8%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
9 servings per container	
<b>Serving size</b>	<b>1 cup (261g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	<b>0%</b>
Calcium 63mg	<b>4%</b>
Iron 4mg	<b>20%</b>
Potassium 523mg	<b>10%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	