

It's Soup Season

Nutrition Notes by Jeannine

Soups are defined as a liquid dish typically made of meat, fish, or vegetables in a stock or water. From chilis to stews, to basic cream and broth based, soups have been around for ages and can really make cooking a simple task that is both nutritious and delicious. Step one, get a crockpot! These too have been around forever. The benefit to the crockpot is that while you are sipping your warm morning beverage you can be creating your afternoon or evening meal. Once you turn it on you literally can “fix it and forget about it”.

What goes into the perfect pot of soup?

1. **STOCK** - Vegetable, Beef, Chicken broths or water.
2. **VEGETABLES**- Garlic and onion are great starters for any soup. Carrots, celery, potatoes, and anything else you like, can be added as well.
3. **PROTEIN**- You can add any kind of cooked meat like chicken, beef, pork, or turkey. OR you can choose vegetarian options like beans, lentils, or even tofu.
4. **SEASONING**- Your seasoning should be based on your ingredients. There are no-salt seasoning mixes available, as well as individual herbs and spices that deserve a little experimentation, as well. If you are a novice in this area, I recommend buying a herb and spice seasoning book that will help you pair your foods to their complementary spices.
5. **COOK**- Preferably on low all day or crank up that crockpot (or stovetop) to high for a few hours, if pressed for time. Add creams to make it a cream-based soup at the end.

Here's one of our favorite recipes to try:

Potato Leek Soup

- 4 medium to large peeled and cubed potatoes
- 2- 14 ½ ounce cans of chicken broth
- ½-1 cup leeks or diced onion
- 1 cup half and half (or reduced fat milk)
- ¼ cup butter (optional)

Add all ingredients, except half and half or milk to a crockpot. Cook on low for 8-10 hours or high for 4-6 hours until potatoes easily break apart with a fork. Use a stick blender or pour into a mixer to puree. Add the half and half or milk and cook on low for an additional 30 minutes. Salt and pepper to taste and sprinkle with chives and a dollop of sour cream or Greek yogurt (Greek yogurt adds protein).



Nutrition Education Quarterly Topic:

Tips for Cooking for One:

Jeannine Gaillardetz, RD, Nutrition is providing education for seniors at each of our Dine-In Sites during lunch service.

Here is the November schedule:

- December 4, 2024 – El Dorado Hills
- December 11, 2024 – Placerville