

Soups 101



Soups are an inexpensive kid-friendly source of vegetables plus it's a great way to use leftovers

To make a good soup you just need a little bit of time and some seasonings to make it flavorful and delicious.

Use a variety of vegetables and herbs, lean protein, and complex carbohydrates for your soups.

Here is your basic technique for creating flavorful soups. The first thing you're going to do is prep your vegetables to create the base of our soup

There are many names for this in different cultures.

- They call it a mirepoix in France which is your mix of carrots, onions and celery. (2-1-1)
- In Spanish/Latin cooking they call it sofrito which is your onions, garlic, bell peppers, cilantro and tomatoes (Puree of these, amount varies)
- In Creole or Cajun cooking, they call it the Holy Trinity which is your onion, celery and bell pepper. (3-2-1)

Most of the vegetables that create the base of most dishes come from a category of vegetables and herbs called aromatics.

We are familiar with garlic, onions, carrots, celery, Bay leaves, thyme and parsley to name a few

- Heat up two to three tablespoons of a good quality butter or oil (avocado, olive, grass fed ghee)
- Add about 2 handfuls of onions cook on low heat until soft and translucent then you're going to add 1 handful of carrots, celery or leeks and one to two bulbs of garlic
- Let that sauté for two to three minutes and then add some of your favorite herbs that go well with what you're cooking such as oregano, thyme, chili powder, and so on. Toasting your herbs and spices can add depth to the flavor of your dish.
- The next step is going to depend on the type of soup your cooking. For instance, if you're cooking a bean soup your beans should have been soaked overnight, rinsed and you're going to add them to this base and then add a low sodium stock or homemade stock.
- If you're doing a vegetable soup or a chicken noodle, you'll add your vegetables along with the stock. You can even add your chicken and sauté it up with the base to add my depth of flavor.

Note on Soaking Beans

Dried beans take some time to soak before cooking. Put them in a pot with plenty of water; there should be at least three inches of water above the beans. You can let them soak overnight or do a “quick soak” by bringing them to a boil for two minutes, then cover and let sit for an hour. Regardless of how you soak the beans, discard the water and rinse the beans before proceeding.

Soup combination ideas:

- Chicken noodle: Onions + celery + carrot + garlic + chicken + thyme + chickpea pasta + chicken breast and fresh chopped parsley
- Italian: Onions + garlic + chicken + tomatoes + zucchini + white beans + oregano + pesto
- TexMex: Onions + celery + garlic + chicken + chili powder + cumin + black beans + turkey chorizo + hot sauce, green onion and sour cream garnish
- Baked potato soup: Onions + celery + garlic + broccoli + white potatoes with skin + cayenne + grated cheddar, sour cream and chive garnish

How to Store & Freeze Leftover Soup

Keep leftovers fresh: refrigerate leftover soup in an airtight container for 3-5 days.

Freezing tips: store cooled soup in airtight glass container or freezer-friendly bag, freeze for 2-3 months. When ready to reheat, thaw soup at room temperature and then empty into pot and simmer.

