



# MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

## Soups On

Soups are a great "warmer-upper" that can make good use of leftovers to help stretch your food dollars. Here are a few ideas:



### Snowman Soup

#### Meatballs:

- 1 pound hamburger, extra lean
- 1 egg
- 1 small onion, minced
- 1/2 cup Italian bread crumbs



Mix all ingredients. Roll 1 teaspoon at a time into meatballs. Place on cookie sheet sprayed with no-stick vegetable spray. Bake at 350° until brown. Drain any fat and place meatballs in 5 quart Dutch oven or crock-pot.

#### Soup:

- 3-16 ounce cans beef broth (low sodium)
- 2 carrots, peeled and sliced
- 2 large potatoes, peeled and cubed
- 1 small onion, minced
- 1 rib celery, sliced
- 1 cup frozen peas
- 1 cup frozen corn
- 1 can tomato soup, undiluted

Simmer soup and meatballs until vegetables are tender.

#### Dumplings:

- 1 cup biscuit mix or master mix
- 1/3 cup skim milk

Mix dumpling ingredients together. Use a measuring teaspoon to scoop and drop dumplings into simmering soup. Simmer 10 minutes. Cover and simmer 10 minutes more. Dumplings should be dry on top and cooked through.

Refrigerate leftovers.

Yield: 40 servings; serving size 1/2 cup, (60 calories, 1.5 grams fat, 10 mg cholesterol, 125 mg sodium)



### Leftover Mashed Potato Soup

- 2 tablespoons oil
- 1/2 cup minced onion
- 1 small rib of celery including the leaves, minced
- 1 carrot, grated coarsely
- 2 cups unsalted chicken broth or stock (fresh or canned)
- 2-1/2 cups leftover mashed potatoes
- 1/3 cup fresh parsley, minced or 1-2 Tablespoons dried parsley flakes

In a large saucepan, sauté the onion, celery and carrots in oil over moderately low heat for about 1 minute, stirring constantly. Stir in the broth or stock and bring to a boil.

Break potatoes up with a fork. Using a wire whisk, add potatoes a half cup at a time. Continue whisking until smooth, reduce to a simmer and add parsley.

Yield: 12 servings; serving size 1/2 cup, (70 calories, 3 grams fat, 0 mg cholesterol, 135 mg sodium)

### Cream of Broccoli Soup

- 1-10 ounce package frozen chopped broccoli, thawed and drained
- 1/2 small onion
- dash garlic powder
- 2 tablespoons flour
- 1-1/2 cups chicken broth - homemade\* or canned
- 1-2 cups fat-free milk

Place broccoli, onion, garlic powder, flour and chicken broth in blender container. Process until almost smooth. Pour into saucepan and add milk. Stir often until soup comes to a boil. Reduce heat to low and simmer 5-10 minutes to cook onion.

#### \* For homemade chicken broth:

Simmer chicken bones with celery, onion, carrots (if desired) and water for at least one hour, covered. Refrigerate overnight. Skim off any hardened fat. Remove bones. Strain if desired. Freeze if you do not plan to use within a day.

Yield: 8 servings; serving size 1/2 cup (45 calories, 0 grams fat, 0 mg cholesterol, 50 mg sodium)



## Soup Tips

- Barley or rice are excellent additions to soups. Add to basic soup and simmer about 45-60 minutes or use leftover cooked barley or rice.
- Skim off fat after soup cools and before serving.
- Soup is best one day old when its flavor is intensified and its seasoning is higher than on the day which it is cooked.
- A soup or stew may be thickened with instant potato flakes. Stir in and gently simmer until thickened.
- To avoid starchy soups: cook noodles or pasta separately and put into soup bowls first. Then pour hot soup over pasta. When storing, store pasta separately.
- Leftover cooked pasta does not have to be reheated. Simply pour hot soup over pasta in individual bowls.
- Save leftover vegetables and meat and put them in a plastic container in freezer. When it gets full you have a "ready to heat" soup.



## Food Safety Note

- Remember to cool soups quickly. Divide soup into shallow pans and refrigerate. Use within 1-2 days or freeze for later use.

## Free Nutrition Education Programs



Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

### Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

### Contact:

Cornell Cooperative Extension  
5657 State Rt. 5,  
Herkimer, NY 13350  
(315) 866-7920

## Cream Soup Base



- 1/3 cup nonfat dry milk powder
- 2 Tablespoons flour
- 1 cup cool water \*
- Pepper, herbs, and spices, if desired

\* You may substitute milk, tomato juice, chicken or beef stock for all or part of the water.

In a small saucepan, combine dry milk, flour and water. For thinner sauce, decrease flour to 1 Tablespoon. For thick sauce, increase flour to 3 Tablespoons. Cook over low heat until smooth, stirring constantly. Season with pepper, herbs and spices, if desired. Makes about 1-1/2 cups sauce. For variety, try any of the following ideas (below). **Yield:** 2 servings; serving size 1/2 cup, (100 calories, 0 grams fat, 5 mg cholesterol, 110 mg sodium)

Please note: Cream soups can be ruined by boiling, so be sure to heat just to boiling. Note that items added in these variations should be cooked (ready -to-eat).

### VARIATIONS FOR CREAM SOUP BASE



- **Bean:** Add 3/4 to 1 cup cooked dried beans, 1 tablespoon finely chopped onion, black pepper to taste to base.
- **Celery:** Add 3/4 cup chopped celery and 2 teaspoons chopped onion cooked in a small amount of water to base.
- **Cheese:** Add 1/2 to 1 cup shredded cheddar cheese after mixture thickens. Stir until cheese is melted. Note that sharp or extra sharp cheese tends to curdle, so use carefully.
- **Corn:** Add 1 cup cream style corn, 1 tablespoon chopped onion, pimento or black pepper as desired to base.
- **Potato:** Add 3/4 cup diced cooked potatoes (or 1/2 cup mashed potatoes), 1 tablespoon each chopped onion and parsley, 2 tablespoons chopped celery to base.
- **Vegetable:** Add 3/4 to 1 cup of any combination of cooked vegetables to base.
- **Beef or meat:** Add 3/4 to 1 cup chopped cooked leftover meat (beef, pork, chicken, even cold cuts can be used) to base.

Need help paying your grocery bill? Food Stamps can help!

Call (315)894-9917 today

Nutrition Outreach & Education Program of Catholic Charities of Herkimer County

Cornell Cooperative Extension  
Of Herkimer County  
5657 NYS Rt. 5  
Herkimer, NY 13350

NON PROFIT PRST STD  
US POSTAGE PAID  
Herkimer, NY 13350  
Permit No. 25