



A Nutrition Resource

# CREATE YOUR OWN SOUP

**Yield:** 4 Servings | **Serving Size:** 1 1/4 cups

**Cost/Serving:** \$0.91

## Ingredients:

Ingredient amount suggestions for 4 servings

### Liquid

4 cups low sodium broth, milk, tomato juice, or in combination with water

### Vegetables

1/2 medium onion, chopped

1 1/2 cups any vegetable(s) (canned, frozen, fresh, or leftover)

### Meat and/or Beans

1 cup cooked or canned beans (drained and rinsed) or cooked meat

### Starch or Thickener

1 cup cooked rice, barley, noodles, pasta (whole grains preferred - brown rice, whole wheat noodles or pasta)

### Seasonings

1 Tablespoon vegetable oil

1 clove garlic, minced (optional)

1/2 teaspoon salt, 1/3 teaspoon pepper, herbs or spices to taste

### Directions:

- 1) In saucepan over medium heat, cook onions in the oil. Cook for 5 minutes or until onions are soft. Add optional garlic, cook 1 minute more.
- 2) Add liquid to onion mixture; bring to simmer.

## Nutrition Facts

4 servings per container

**Serving size** 1.25 cups (399g)

Amount per serving

**Calories** 170

% Daily Value\*

**Total Fat** 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 380mg 17%

**Total Carbohydrate** 27g 10%

Dietary Fiber 6g 21%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 2mg 10%

Potassium 330mg 8%

\*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.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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- 3) Add vegetables, cooked beans and/or meat, and starch or thickener. Cook until everything is hot.
- 4) Add remaining seasonings. Cook an additional 5 minutes to combine flavors.

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