



# How to make a quick, healthy soup

## 1. Start with a liquid (choose your favourite)

1 litre of broth (eg. chicken, beef, fish or vegetable stock)



## 2. Choose a protein

1 cup cooked chicken/fish/meat  
1 can drained chickpeas  
1 can drained kidney/red/black/white beans  
1/2 block firm tofu cut into cubes



## 3. Add some fibre for energy

1/2 cup grains (barley, rice, quinoa, buckwheat)  
1/2 cup starchy vegetables (potato, sweet potato)  
1/2 cup noodles (pasta, soba, egg or rice noodles)



## 4. Plus veggies

(1 cup or more of your favourite fresh or frozen vegetables)



## 5. Cook everything until soft

## 6. Add more calories

1 tablespoon of oil  
1/4 cup of cream  
1/4 cup of cheese  
1/4 cup of sour cream  
1/4 cup of Greek yogurt



### Quick tips

- Throw in some herbs and spices
- Blend your soup
- Add more broth if it is too thick

For more nutrition information please visit the Nutrition Resource Centre, T-Wing ground floor, TG-261 or call 416-480-5000 ext. 3438.