



Healthy Homemade Soups

Homemade soups are a healthy and comforting food choice during the cold winter months. Not only are soups delicious, but they are easy to modify to include your favourite foods and flavours. By following the tips below you will be able to make a healthy soup that is a complete meal containing vegetables, protein and whole grains.

How to make a healthy soup:

Step 1: Choose a low-sodium broth. No-salt-added chicken, beef or vegetable broth are all healthy and delicious options. You can also add a can of no-salt-added tomato sauce or canned tomatoes.

Step 2: Add vegetables. Use your favourite vegetables – fresh, frozen and canned are all healthy options. Follow Canada's Food Guide and ensure half of the ingredients are vegetables. For more flavour, cook the vegetables for about five minutes in a small amount of oil before adding the broth.

Step 3: Choose your protein. Try plant-based protein foods like beans, lentils, chickpeas or tofu. To reduce cooking time, try canned beans, lentils and chickpeas instead of dry. Lean meats, seafood, eggs and chicken are also great protein options. All raw meats should be cooked before adding to the soup.

Step 4: Select a whole grain. Any whole grain such as barley, brown rice or whole grain pasta is a healthy option. Add grains last, and follow the directions on the package to avoid under or over cooking.

Beef, Tomato and Vegetable Soup

Ingredients:

- 2 tbsp. canola oil
- 1 lb. lean ground beef
- 1 medium onion, diced
- ½ cup celery, minced
- 2 tbsp. tomato paste
- 8 cups water
- 1 – 14 oz. can no salt added tomatoes
- 2lb bag mixed frozen vegetables
- 1 cup potato, diced
- 2 tbsp. parsley, dried
- 1 tsp. oregano, dried
- 1 tsp. basil, dried
- 1 tsp. garlic powder
- 3 cups small whole grain pasta, dry

Directions:

1. In a large pot, heat half of the oil, add ground meat and cook until browned. Drain fat from meat and set meat aside.
2. In the same pot, heat remainder of oil, add onion; cook on medium heat until onion is soft. Add the cooked ground beef, celery and tomato paste.
3. Add water and bring to a boil.
4. Add canned tomatoes, mixed vegetables and potato, and stir. Bring to a boil.
5. Add parsley, oregano, basil, and garlic powder, and stir.
6. Add pasta; bring to a boil and then reduce heat.
7. Cook on medium heat for 10-15 minutes or until pasta is cooked.
8. Adjust seasoning to taste; add more water if soup is too thick.

Makes 12 servings (1 ½ cups)

TIPS

- Substitute half of the meat for beans or lentils to increase the fibre content. For a thicker texture, puree or mash the beans before adding to the soup.
- Create a creamy texture by adding low fat milk or top with a dollop of plain yogurt.
- Flavour your soup with herbs and spices instead of salt.
- Use up leftover vegetables in soups – if they are already cooked, add them at the very end to avoid over cooking them.
- Cook soup in a slow cooker to decrease hands on cook time (all meat must be pre-cooked).



How to Choose a Healthier Canned Soup

Canned soups typically have more sodium and fat, and less fibre than homemade soups. Use the nutrition facts table and the percent daily value to compare products and choose a healthier option at the grocery store.

1. Sodium

- Products with the following claims will be lower in sodium: No added salt, low sodium or salt-free.
- Aim for less than 360mg of sodium.

2. Fat

- Choose products that are lower in fat. Aim for less than 3 grams of fat per serving.

3. Fibre

- Choose products with more fibre. Soups with beans, lentils and peas often have more fibre than those with meat.

Upcoming Nutrition Classes

Prenatal, Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit szonenutrition.eventbrite.com/

Alberta Healthy Living Program: Classes are available to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more.

To register call: **Lethbridge 1-866-505-6654 or Medicine Hat/Brooks 1-866-795-9709.**

Please Note: Due to COVID-19, all nutrition classes are now being offered online via Zoom.

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca

