

Knowledge @ Noon

“Super Soups”



Wednesday, January 21, 2015

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructors:

Marais des Cygnes Extension District Master Food Volunteers

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January: National Soup Month

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What's better on a cold winter day than a warm bowl of soup? Soup can be nutritious, easy to prepare, and inexpensive. It can be great hot or cold, prepared with minimal clean-up, only needs one

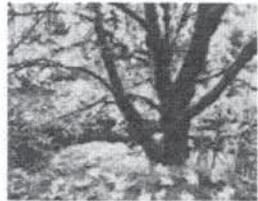


pot, and the combination of ingredients is unlimited. Soup is a great dish for a variety of palettes and can be tailored to be spicy, savory or sweet. January

is National Soup Month, a good time to think about how soup can fit into a healthy eating plan. Follow these helpful tips for making soup delicious and nutritious.

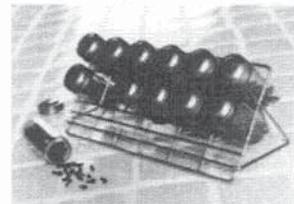
Tips for Delicious and Nutritious Soup:

Soup for every season. As appetizers, side dishes, or the main dishes, soups help celebrate the bounty of the four seasons. Soups can be thick and hearty, smooth and creamy, or a savory bean.



They can be served hot, such as minestrone, or cold, such as mango and cucumber soup.

Be sodium savvy. To keep soups tasty and healthy, use low-sodium broth, stock, or soup base for the foundation. Experiment with flavorful herbs and spices in place of salt. The most effective



replacements are savory flavors, and flavors with "bite," such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger,

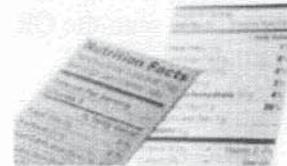
coriander and onion. Use minced or powdered garlic and onion rather than their salt form. When substituting minced or powdered garlic and onion for the salt version, use about half as much.

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Make healthier choices with Nutrition Facts



Labels. When buying canned soups, use the Nutrition Facts Label to help choose ones with a lower percent Daily Value (DV) for sodium.

Foods with less than 140 milligrams (mg) sodium per serving can be labeled as low-sodium foods. Claims such as "low in sodium" or "very low in sodium" on the front of the food label can help identify foods that contain less salt.

Choose healthier substitutions.



Soup can be a healthy, inexpensive meal. Keep soups lower in fat and calories by using ingredients like cheese, sour cream, or bacon sparingly as a topping or garnish. Or choose healthier substitutes like reduced-fat shredded cheese, low-fat sour cream, non-fat plain yogurt, or turkey bacon.

Substitute a whole-grain product for a refined product – such as using whole-wheat noodles, barley, or brown rice.



Cook once, eat twice. Homemade soups can be made ahead of time and in large quantities. Eat refrigerated soup within three to four days or freeze it. Don't let soup sit at room temperature for more than two hours. To speed cooling, store soups in shallow containers. When serving a second time, bring to a boil.

Check out these soup resources. Check out food safety tips for serving soup safely and a variety of simple recipes for soups and stews at <http://food.unl.edu/web/fnh/january#soup>



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During National Soup Month and beyond, experiment with different recipes and ingredient substitutions for healthier soups. Find ways to vary



your veggies with warm soups in the colder months, and focus on fruits with chilled soups in the warmer months. For more food, nutrition, and health information go to food.unl.edu or scan the QR code with your smart phone or other electronic device to go directly to the website.

Souptastic Recipe Ideas!

MANGO CUCUMBER SOUP

Ingredients: 2 ripe mangoes, divided, 1 cucumber, divided, 2 tbsp chopped onion, 1 jalapeño pepper, finely diced (optional), juice from one fresh lime, ½ cup water, 2 6-oz containers plain, non-fat Greek yogurt, and ¼ cup fresh chopped cilantro

Directions:

- Cut all but one half of mango into chunks, removing peel and pit; chill remaining mango half for use with garnish.
- Slice off ¼ of the cucumber and chill for use with garnish. Coarsely chop remaining ¾ of the cucumber.
- Place chopped mango, cucumber, onion, and pepper (optional) in blender or food processor with lime juice and water. Purée until smooth.
- Blend in yogurt. Chill until ready to serve.
- About 15-30 minutes before serving, prepare garnish. Dice chilled mango half, removing peel and pit; dice remaining cucumber. Mix mango and cucumber dices with cilantro. To serve, top bowls of soup with garnish.

Source: <http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes/MangoCucumberSoup.pdf>

FRESH PUMPKIN SOUP

Ingredients: 8 cups chopped fresh pumpkin, 4 cups low sodium chicken broth, 3 small tart apples, chopped, 1 medium onion, chopped, 2 tablespoons lemon juice, 2 teaspoons minced fresh ginger root, 2 garlic cloves, minced, one-half teaspoon salt.

Directions: In a 5-quart slow cooker, combine all ingredients and cook for 8 hours. Can be served chunky, or cooled slightly, blended and reheated.

Source:

http://extension.usu.edu/duchesne/files/uploads/FCS/healthy%20holiday%20eating_nov%202008.pdf

Additional Resources & Links:

- **Cook it Quick.** Recipes for seven simple soups and stews. <http://food.unl.edu/web/fnh/soups-and-stews#beef>
- **Healthy Cooking with Fresh Herbs.** <http://go.unl.edu/ik3b>
- **USDA Recipe Finder – Soup.** Find standardized recipes, quantity recipes, USDA recipes, recipes from industry and more. http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php?term=soup&search_type=text&mode=results
- **National Food Service Management Institute – Univ. of Mississippi.** Culinary techniques for healthy school meals – preparing soups. <http://www.nfsmi.org/ResourceOverview.aspx?ID=294>
- **UNL Extension Calendar – National Food Days, Weeks, and Months for January.** <http://food.unl.edu/web/fnh/january>

Sources:

1. Weber, M. (2013). Soup – It's what's for Dinner. Food and Health. Penn State Extension. Accessed at: <http://extension.psu.edu/health/news/2013/soup-its-what-for-dinner>.
2. Kedem, L. (2012). Make Healthy and Filling Soups at Home for Cheap. University of Illinois Extension. Accessed at: <http://web.extension.illinois.edu/cfiv/weekly/120125.html>.
3. Henneman, A. Add a Little Spice (& Herbs) to your Life. University of Nebraska-Lincoln Extension. Accessed on 12/30/13. Accessed at: <http://lancaster.unl.edu/food/spiceherbshandout-color.pdf>
4. National Food Service Management Institute. (2009). Culinary Techniques for Healthy School Meals: Preparing Soups. The University of Mississippi. 2nd Edition, ET80-90. Accessed at: <http://www.nfsmi.org/documentlibraryfiles/PDF/20100210101846.pdf>

Updated: January 2014

Mashed Potato Soup

4 cans chicken broth

4 cups potato sliced and diced

1 teaspoon salt

Boil and simmer until potato is tender. Blend in food processor or with a blender until smooth.

4 Tablespoons butter

4 Tablespoons flour

4 cups milk

Melt butter, add flour to create a paste, add milk all at once. Stir constantly until thickens to gravy like consistency. Add potato mixture, stir well and heat until it begins to bubble.

1 teaspoon pepper

4 Tablespoons dill weed

Add to soup mixture and stir until mixed well. Serve with grated cheddar cheese.

Recipe submitted by Debi Doering MFV

Hearty Tomato Soup (4 to 5 servings)

1 medium onion, finely chopped

2 tablespoons butter

4 ounces cream cheese, softened (Low fat can be used)

2 cans (10 ³/₄ oz) cans condensed tomato soup

1 soup can milk

1 can (24 oz) whole tomatoes, crushed by squeezing with hand

¹/₂ teaspoon paprika

¹/₂ teaspoon garlic powder

¹/₂ teaspoon dried basil

In medium saucepan, cook and stir onion in butter until onion is tender. Stir in cream cheese. Gradually stir in milk and soup; beat with rotary beater until smooth. Add tomatoes and seasonings. Heat, stirring frequently. Do not boil.

V8 Minestrone Soup

3 cups V8 juice

3 cups water

1 clove garlic, minced

1 (19 oz.) can cannellini beans, drained and rinsed

Freshly ground black pepper

4 cups chopped kale, stems removed (6-8 oz.)

Combine V8 juice and water in a large pot. Bring to a boil. Add barley and garlic. Reduce heat, cover and cook for 12 minutes. Add beans and freshly ground black pepper. About 5 minutes before serving add kale and stir until crisp-tender. Makes 7 cups/serves 6

Per serving - 230 calories, 1g fat, 0mg chol, 11g protein, 45g carbs, 11g fiber, 470mg sodium

Creamy Cauliflower Baked Potato Soup

2 slices bacon, finely chopped
1 sweet onion, finely chopped
1 small head cauliflower (about 1 ¼ lbs), cored, trimmed, divided into small florets
1 medium russet potato, peeled & cut into 1 inch pieces
1 small carrot, finely chopped
½ teaspoon Kosher salt
¼ teaspoon Ground black pepper
2 garlic cloves, very finely chopped or pressed thru a garlic press
2 cups low sodium chicken broth
¼ cup reduced fat cream cheese
½ cup plain reduced fat Greek yogurt
½ cup grated cheddar cheese
2 scallions (white & light green parts only) finely chopped

Cook bacon in large soup pot over medium heat until crisp, about 7 minutes. Use slotted spoon to transfer bacon to paper towel & set aside.

Cook onion in bacon fat stirring often until translucent, about 3 minutes. Add cauliflower, potato, carrot, garlic, salt & pepper & cook, stirring occasionally, until vegetables begin to soften, about 5 minutes.

Raise heat to medium-high, add broth & 1 cup water & bring to a boil. Simmer until vegetables are very soft, about 13 minutes. Turn off heat, cool slightly & transfer half vegetables & liquid to a blender. Add cream cheese & blend until smooth.

Pour pureed soup into large bowl or pan. Blend remaining soup until smooth & add to first part. Heat over medium heat until warmed through. Top with dollop of yogurt, some of grated cheese, bacon & scallion.

Serves 4. Per Serving: 187 calories, 10g fat, 10g protein, 3g fiber, 6g sugars.

Supermarket Healthy: Recipes & Know-How for Eating Well 2014

Broccoli Cheese Soup

1 (16oz) pkg of frozen chopped broccoli cooked
2 cans cream of onion soup
2 cans of cream of celery soup
2 cans of evaporated milk
2 lbs of Velveeta cheese cut into small pieces

Place all ingredients in a 5 qt crock pot and mix well. Heat on high until hot (3-4 hrs). Stir occasionally.

Ann's Tortilla Soup

3 cooked and cubed chicken breasts or one large can Swanson's chicken
2 cans chicken and rice soup
1 can black beans (rinsed and drained)
1 can Rotel
1 can chicken broth plus 1 can water (I substitute 1 Knorr's Chicken bouillon cube and 2 cups of water)
1 cup frozen corn
Grated mozzarella cheese
Tortilla Chips

Mix all and heat. To serve, break tortilla chips into bowls, pour soup over chips and then sprinkle with grated mozzarella cheese.

Serves 8, Per Serving: Calories: 341, Carbs: 31, Fat 114, Protein 23, Sodium 973, Sugar 2
(Recipe analyzed using regular fat ingredients-can be made healthier using low or non-fat)

Black-Eyed Peas with Pork and Greens

1 pound dried black-eyed peas	1 teaspoon dried thyme
1 pound pork neck bones	½ teaspoon ground cumin
3 slices bacon, cut into ½-inch pieces	½ teaspoon ground black pepper
1 cup diced onion	1 pinch cayenne pepper, or to taste
1 cup diced celery	1 (10 oz.) can diced tomatoes with green chili peppers
1 cup diced carrot	1 teaspoon salt
3 cloves garlic, chopped	6 ounces smoked ham, diced
6 cups cold water	1 bunch kale, ribs removed and leaves torn into pieces
1 bay leaf	

1. Place black-eyed peas into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Drain and set aside.
2. Cook pork necks and bacon in a Dutch oven over medium heat until lightly browned, about 5 minutes.
3. Stir in onion, celery, and carrot; cook and stir until softened, 6 to 7 minutes. Stir in garlic and cook 1 minute.
4. Pour cold water and black-eyed peas into pork mixture; increase heat to high.
5. Stir in bay leaf, thyme, cumin, black pepper, and cayenne pepper. Bring mixture to a simmer, reduce heat to low, cover, and simmer for 45 minutes.
6. Stir in tomatoes and salt. Simmer uncovered until beans are tender, about 40 minutes.
7. Remove neck bones from mixture; separate any meat from bones, return meat to Dutch oven, and discard bones.
8. Stir in diced ham and kale; cook until greens are tender, 10 to 15 minutes. Serve over rice.

Nutrition Information Servings Per Recipe: 8

Calories: 463, Total Fat: 15.4g, Cholesterol: 65mg, Sodium: 1233mg, Total Carbs: 45.5g
Dietary Fiber: 8.6g Protein: 37.4g

Baked Potato Soup

4 large baking potatoes	½ teaspoon pepper
2/3 cup butter or margarine	3 green onions, chopped
2/3 cup flour	8 slices bacon, cooked and crumbled
6 cups milk	1 cup shredded cheddar cheese
¾ teaspoon salt	1 (8 oz.) carton sour cream

Bake potatoes at 400 degrees for 1 hour or until done. Let cool. Cut potatoes in halves; scoop out pulp and set aside. Discard skins. Melt butter in a saucepan. Add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat until thickened. Add potato pulp, salt, pepper, green onions, 1 cup bacon and cheese. Cook until thoroughly heated; stir in sour cream. Add extra milk, if desired.

Cream of Tomato Soup

2 Tablespoons butter or margarine	1 Tablespoon minced onion
3 Tablespoons all-purpose flour	¼ teaspoon celery seed
2 teaspoons salt, divided	½ teaspoon sugar
1/8 teaspoon pepper	1 bay leaf
2 cups milk	1 whole clove
2 ½ cups canned or stewed tomatoes	1/8 teaspoon baking soda

Melt butter in a double-boiler over simmering water. Blend in flour, 1 ½ tps. salt and pepper. Cook stirring until smooth. Blend in milk and stir until blended and thickened.

Meanwhile, combine tomatoes, onion, celery seed, remaining ½ teaspoon salt, sugar, bay leaf and clove in a saucepan. Cook, stirring, 5 minutes. Force tomato mixture through a sieve to remove seeds and whole herbs and spices. Stir baking soda into tomato mixture. Gradually add tomato mixture to the milk mixture, stirring constantly. Heat gently until hot.

Note: If desired, substitute 1 cup canned evaporated milk and 1 cup water for 2 cups milk. Evaporated milk may also help reduce the chance of curdling.

Black-eyed Peas with Bacon

1 pound Black-eyed peas, rinsed & sorted
½ pound Bacon, cooked & crumbled
1 Large onion, chopped
1 Garlic clove, minced
1 Tablespoon Butter or oleo
½ teaspoon Dried thyme
Salt to taste

Place peas, bacon & enough water to cover in a large kettle. Bring to a boil for 2 minutes. Remove from heat, cover & let stand 1 hour. Do not drain. In a skillet, sauté onion & garlic in butter until tender. Add to pea mixture with thyme & salt. Return to heat & simmer covered, for 30 minutes or until peas are soft. Top with crumbled bacon if desired.

Serves 6 – 8. Recipe from *Taste of Home Flier Dec 2006*

Broccoli-Potato Soup

3 ½ lbs. russet potatoes, peeled and cut into 1 ½ inch pieces	1/8 teaspoon ground nutmeg
1 large onion, cut into wedges	1 pound broccoli florets cut into bite-size piece
2 cloves garlic, coarsely chopped	8 oz. shredded sharp cheddar cheese (white OR orange)
2 cans (14.5 oz. each) vegetable broth	½ cup sour cream
1 can (12 oz.) evaporated milk	¼ teaspoon black pepper
1 teaspoon salt	Snipped fresh chives

Combine potatoes, onion and garlic in slow cooker. Add 1 can of the broth, the evaporated milk, ½ tsp. of the salt and the nutmeg. Cover and cook on HIGH for 3 hrs. or LOW for 7 hrs.

Place broccoli in a microwave safe bowl and add ½ cup water. Cover with plastic and microwave 3-4 minutes, until tender. Set aside 1 ½ cups of the broccoli, add the remaining broccoli to slow cooker along with remaining can of vegetable broth and 1 cup of the cheddar. Puree with an immersion blender until completely smooth. Stir in remaining ½ tsp. salt and 1 cup cheddar, reserved broccoli, the sour cream and pepper. Ladle into bowls and sprinkle the chives just before serving.

Nutrition: Per serving – 385 calories Fat – 15 g (10 g saturated) Protein – 16 g. Carbs – 47 g. Fiber – 4 g. Sodium – 988 mg. Chol – 54 mg

Vegetable Minestrone

- 2 14 ½ oz cans beef broth
- 1 16 oz can kidney beans, rinsed & drained
- 1 15 oz can great northern beans, rinsed & drained
- 1 14 ½ oz can Italian-style stewed tomatoes
- 1 Large onion, chopped
- 1 medium zucchini, thinly sliced
- 1 medium carrot, shredded
- ¾ cup tomato juice
- 1 teaspoon dried basil
- ¾ teaspoon dried oregano
- ¼ teaspoon garlic powder
- 1 cup frozen cut green beans, thawed
- ½ cup frozen chopped spinach, thawed
- ½ cup small shell pasta
- ½ cup shredded Parmesan cheese

In a 4 or 5 qt. slow cooker, combine first 11 ingredients. Cover and cook on low for 6 – 7 hours or until vegetables are tender. Stir in green beans, spinach & pasta. Cover & cook for 30 minutes or until heated through. Sprinkle with cheese.

Serves 8.

Possible garnishes: Finely chopped green onions, chives or parsley, shredded cheddar cheese or sour cream & croutons.

Recipe from Taste of Home Everyday Slow Cooker & One Dish Recipes 2009

Pork and Hominy Stew

1 tablespoon plus 2 teaspoons chili powder
1 teaspoon salt
1/2 teaspoon ground black pepper
2 1/2 pounds boneless pork shoulder butt, cut into 2 1/2-inch pieces
OR boneless country pork spareribs, cut into 2-inch pieces
3 bacon slices, chopped
1 large onion, thinly sliced
1 cup diced smoked ham
1 medium carrot, peeled, chopped
6 large garlic cloves, chopped
2 poblano chilies,* seeded, cut into 2x1/4-inch strips
2 cups drained canned hominy (from two 15-ounce cans)
1 cup canned diced tomatoes in juice
1 cup beer
1 cup canned low-salt chicken broth
1 teaspoon dried marjoram
1/4 cup chopped fresh cilantro

Mix 1 tablespoon chili powder, salt, and pepper in bowl. Rub spice mixture all over pork. Sauté bacon in heavy large pot over medium heat until crisp, about 5 minutes. Transfer bacon to paper towels to drain. Working in batches, add pork to drippings in pot and sauté until brown on all sides, about 10 minutes per batch. Using slotted spoon, transfer pork to bowl.

Reduce heat to medium. Add onion, ham, carrot, and garlic to pot; cover and cook 5 minutes, stirring occasionally and scraping up browned bits. Add chilies; stir 1 minute. Stir in hominy, tomatoes with juices, beer, broth, marjoram, pork, and remaining 2 teaspoons chili powder and bring to boil. Reduce heat; cover and simmer until pork is very tender, about 1 hour. (Can be prepared 1 day ahead. Cover and chill bacon. Cool stew slightly. Chill uncovered until cold, then cover and keep chilled.)

Simmer stew uncovered until liquid is slightly reduced and thickened, about 10 minutes. Season with salt and pepper. Transfer to bowl. Sprinkle with reserved bacon and cilantro.

* These fresh green chilies, often called pasillas, are available at Latin American markets and also at some supermarkets. *Recipe from Bon Appétit February 2002*

Soup Bar

4 cups chicken broth
2 (4 ½ oz.) cans stewed tomatoes
1 teaspoon chili powder
1 teaspoon garlic powder
¼ teaspoon salt
1/8 teaspoon pepper

Condiments

1 to 2 cups of any of following:

Shredded cheddar cheese.
Frozen broccoli, carrots and/or cauliflower, thawed & chopped.
Frozen corn or peas, thawed.
Cubed cooked chicken, ham, or smoked sausage.
Cooked crumbled bacon.
Chopped fresh mushrooms
Minced fresh parsley
Cooked pasta or rice
Sour cream

In a medium kettle, combine first six ingredients & bring to boil. Reduce heat cover & simmer for 30 minutes.

Arrange condiments in individual serving dishes. To serve, spoon individual condiments into a bowl & top with hot soup.

Yield: 6 – 8 servings *Recipe from Taste of Home Big Book of Soup 2005*

Brunswick Stew (4 servings of 1 ½ cups)

4 medium chicken thighs, skin and fat removed
2 celery stalks, chopped
½ cup onion, chopped
1 (28 oz.) canned tomatoes with juice (crushed or diced)
1 Tablespoon sugar
1 cup frozen lima beans
1 cup frozen corn
1 cup cubed potatoes
Salt and pepper to taste

1. Combine chicken, celery, and onion in sauce pan with 1 cup water. Bring to a boil. Cover, reduce heat, and simmer 1 ½ to 2 hours.
2. Remove chicken from broth, saving the broth. Remove bones and chop chicken and return it to the broth.
3. Add tomatoes, sugar, lima beans, corn, and potato to broth and simmer until vegetables are done.

Lentil and Sausage Soup

2 (14 oz.) cans reduced sodium chicken broth
1 ½ cups water
1 cup brown lentils, rinsed and drained
1 cup sliced celery
1 cup sliced carrots
1 medium onion, chopped
½ teaspoon dried thyme
1/8 teaspoon cayenne pepper
2 cloves garlic, minced
8 ounces cooked smoked sausage links, which has been quartered lengthwise and sliced

In a large saucepan combine all items except sausage. Bring to boiling; reduce heat. Simmer, covered, for 20 to 25 minutes or until vegetables and lentils are tender.

Stir in sausage and heat through.

Nutrition: per 1 ½ cup serving: 294 calories, 11 gram fat, 962 mg. sodium, 38 gram carbohydrate, 13 gram fiber, 21 gram protein.

Tostado Soup

½ pound ground beef	¼ teaspoon cumin
1 cup chopped onion	tortilla or corn chips, coarsely chopped
1 (16 oz.) can diced tomatoes	shredded cheddar cheese
1 (8-oz.) can pinto beans	shredded lettuce
1 cup water	sour cream
2/3 cup picante sauce	

Brown meat and onion in a 3 qt. pan. Drain. Add tomatoes, beans, tomato sauce, water, picante sauce, and cumin. Bring to a boil; reduce heat. Cover and simmer 10 minutes or more. Ladle into bowls. Top with the crushed chips, cheddar cheese, lettuce, and sour cream, if desired. *Recipe submitted by Viola Lee, MFV*

Crock Pot Potato Soup

30 ounces of Southern Style hash browns
32 ounces chicken broth
1 can cream of chicken soup
3 oz. bacon bits
1 cup shredded cheddar cheese
8 oz. cream cheese

Put potatoes, chicken broth, bacon bits, soup, and shredded cheese in the crock pot. Add the cubed cream cheese about an hour before serving. Cook on low for 8 hours.

Top with additional bits, if desired.

(I have used 1/3 less fat cream cheese but do not use fat free.)

Recipe submitted by Viola Lee, MFV

Peppernuts

3 cups Sugar
3 cups Brown sugar
1 cup Butter, softened
1 cup Sour cream
2 Eggs
3 cups Flour—Additional to be added
1 teaspoon Ground ginger
1 teaspoon Ground cinnamon
½ teaspoon Ground cloves
4 teaspoons Ground star anise
1 cup finely chopped walnuts
1 teaspoon Baking powder

Cream sugars, butter, sour cream & eggs. Sift together flour, spices & baking powder. Add dry ingredients & walnuts to creamed mixture. Mix Well. Add extra flour to make a very stiff dough. Mixing with hands will be necessary. The dough must be stiff enough to roll into a "snake" about 1/2" in diameter to be cut into ½ "cookies. Size cookies to individual preference.

Refrigerate overnight before making cookies.

When "snaking" & cutting cookies do only a handful at a time on a lightly floured surface. The unused dough must be kept in the refrigerator until used. Bake on ungreased cookie sheet at 375°F for 8 minutes or longer (longer are harder).

Heavenly Cornbread Muffins

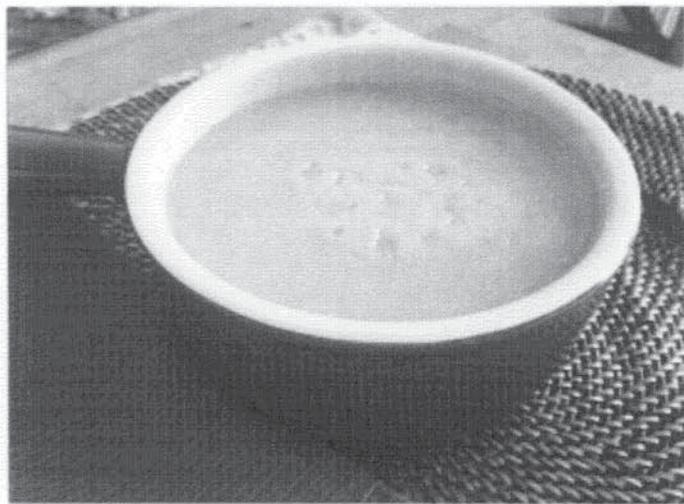
2 ½ cup all-purpose flour	1 ½ cup Enriched Corn Meal
½ cup sugar	6 teaspoons baking powder
1 teaspoon salt (optional)	2 cups skim milk
½ cup vegetable oil	3 eggs, beaten
1 box Jiffy cake mix (9 oz)	½ cup cold water

Preheat oven to 400° F. Grease or line with paper liners for 30 muffins. Combine dry ingredients. Stir in milk, oil, water and eggs, mixing just until dry ingredients are moistened; do not over mix. Pour batter into 30 paper lined or greased muffin cups. Bake 15-20 minutes until golden brown.

(Shortcut: Mix directions on back of cornbread container and use one-half Jiffy yellow cake mix including one-half the egg and water for it. Will make 15 but they freeze very well)

Serves 30 Nutritional Analysis: Calories 157; Total fat: 5 g (Saturated 1 g), Cholesterol: 22 mg; Sodium:225 mg; Potassium: 26 mg; Carbohydrates: 24 g (Fiber 1 g, Sugars 8 g), Protein: 6 g

It's Soup Month! How Are You Celebrating?



Roasted Winter Vegetable Soup

Serves: 4 | Serving Size: 1 and 1/2 cups

1 butternut squash, halved and seeded, stem removed
1/2 onion
1 yellow bell pepper
2 carrots
4 cups low-sodium vegetable broth
1 cup fat-free half and half
Dash black pepper
Dash hot pepper sauce

Place the vegetables in a roasting pan and roast for 90 minutes at 325 degrees Fahrenheit.

Puree the roasted veggies with the broth and fat-free half and half in a blender. It will take a few batches to puree all of the veggies until smooth.

Place puree back on the stove and bring to a boil over low heat. Season with black pepper and a little hot pepper sauce (like Tabasco or Cholula). Serve immediately or refrigerate for later use.

Nutrition Information:

This recipe makes 4 servings. Each 1 and 1/2 cup serving contains 194 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 3 mg cholesterol, 166 mg sodium, 39 g carbohydrate, 8 g fiber, 11 g sugar, and 9 g protein.

Each serving also has 561% DV vitamin A, 200% DV vitamin C, 17% DV calcium, and 11% DV iron.

Chef's Tips:

You'll definitely want to show off this soup's bright orange color and creamy texture, so put it in a mug or bowl that really shows it off.

I serve this in onion soup crocks with whole grain crackers and salad for a light lunch.

Nutrition Lesson:

Orange vegetables like butternut squash and carrots are loaded with vitamin A, which promotes eye health.

BROUGHT TO YOU BY:

Garlic-Parmesan Croutons

Servings: 7

INGREDIENTS:

5 tablespoons butter, melted
1 teaspoon grated Parmesan cheese
1 teaspoon oregano
1/2 teaspoon dried thyme
1/2 teaspoon garlic powder
1/2 teaspoon salt
5 thick slices day-old bread with crusts removed, cut into cubes

DIRECTIONS:

Preheat oven to 325 degrees F (165 degrees C).

Mix butter, Parmesan cheese, oregano, thyme, garlic powder, and salt together in a large, flat-bottomed bowl; add bread cubes and turn with a spatula to coat. Spread coated bread cubes onto a baking sheet.

Bake in preheated oven until golden brown, 15 to 20 minutes. Cool croutons completely before storing in an airtight container.

Nutrition Information:

Servings Per Recipe: 7

Calories: 133 Amount Per Serving, Total Fat: 9g, Cholesterol: 22mg, Sodium: 375mg, Total Carbs: 11.2g, Dietary Fiber: 0.7g, Protein: 1.9g

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Soft Sugar Cookies

4 cups flour
1 teaspoon baking soda
1 teaspoon vanilla
1/2 teaspoon almond extract
1 teaspoon salt
2 eggs, separated
1 cup vegetable shortening
1 cup buttermilk

Sift dry ingredients together. Set aside.

Mix shortening and sugar. Add egg yolks, vanilla and almond extract.

Alternate adding buttermilk with flour mixture.

Beat egg whites until stiff. Fold into batter.

Drop by teaspoon about 1 to 2 inches apart. Top with sugar.

Bake at 375degrees on parchment paper or foil for 20 minutes or until done.

Recipe submitted by Audrey Tate, MFV.