

Create a Soup

'Tis the season for soup! I challenge you to try this fail safe formula for creating a soup that serves 4 adults.

Step 1 - Use a large soup pot or electric skillet. Heat 2 tablespoons of fat of your choice (oil - vegetable, canola, olive; butter or margarine.)

Step 2 - Add 1 medium chopped onion (or use pre-chopped frozen onion to save time!)

Step 3 - Choose one protein such as 1 pound beef, chicken, ham, or sausage and cook with onion. Another option would be to use canned beef, chicken, ham or beans (any variety, 16 ounce size).

Step 4 - Choose one or more vegetables (2-3 cups, chopped) such as celery, green pepper, green beans, carrots, peas, corn, zucchini, squash, mushrooms, cauliflower, broccoli, cabbage, etc. Any fresh, canned, frozen (or combination) will work great!

Step 5 - Choose one starch like 3-4 cups diced potatoes, or 2 cans of beans or 4 ounces of egg noodles, macaroni, pasta or 1/2 cup uncooked rice, quinoa or other grain.

Step 6 - Choose a broth - you need 4 cups (equal to 1 quart). Consider options like 2 cans of chicken, beef and/or vegetable broth or 4 cups of water with a flavored bouillon or 1 can crushed or diced tomatoes with 3 cups water or 4 cups milk and chicken bouillon.

Step 7 - Choose one or more seasonings - 1-2 teaspoons dried herbs, bay leaf, 1-2 Tablespoons fresh herbs and/or minced garlic.

After all ingredients are added, partially cover pot/skillet and simmer until meat is cooked and starch and vegetables are tender (about 20-30 minutes). Season with salt and pepper to taste.

If using fresh herbs, add at end (approximately 5 minutes before serving). I hope your soup creation is amazing!

Source: The Science of Good Cooking, Cook's Illustrated; and Create a Soup from Utah State University Food Sense

K-State Research and Extension

January 28 - Cooking Under Pressure, Udall High School, 6:30 p.m. (registration fee \$5)

February 21 - Mental Health First Aid, South Central Kansas Medical Center, 8:30 a.m. - 5 p.m. \$35, call 620.221.5450 to register.

March 19 - Grant Writing Workshop, City of Arkansas City Water Treatment Facility, 400 W Madison, Arkansas City, \$30

March 24 - Dining with Diabetes, Winfield Public Library, 605 College Street, Winfield, \$25

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