



# Nourish

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## Nourish Your Body with Soup

According to some archeologists, soup dates back to prehistoric times. Since that time, soup has found its way into worldwide cuisine, from gazpacho (a cold, tomato-based soup) in Spain to egg drop soup in China to hearty lentil soup in the Middle East.

Soup is a healthful addition to our menus and is delightfully warming during cold winter months. If you made a New Year's resolution to lose a few pounds, soup — a typically low-calorie dish with its high liquid content — is a great start to the year. In fact, January is designated as National Soup Month.

A steaming bowl of chicken soup is hydrating, and its protein and vegetables may also help you feel better if you are suffering from a cold. Consider these tips to optimize the nutritional properties of soup:

- Use vegetable, chicken or beef broth with less sodium. Or, make your own stock using leftover chicken or turkey bones, vegetable scraps and water.
- Add extra vegetables to your soup. We often shortchange ourselves on vegetable consumption. The current recommendation for most adults and kids is 2 ½ cups per day, on average. Vegetables provide vitamins, minerals and fiber. To stretch your food dollar, you can add leftover vegetables from the previous night's meal to soup.
- If you purchase soup as an ingredient, compare the sodium content. Some types of soup provide more than half the day's recommendation of sodium in one serving.
- Instead of adding salt, enhance the flavor of soup with the addition of fresh herbs toward the end of cooking.
- Add some pulse foods (such as kidney beans, chickpeas or lentils) to your soup, which enhances the protein and fiber content.
- Add some pearled barley, brown rice or whole-grain pasta.
- Choose lean meats when making soup. Chill the soup and skim the fat that often congeals on top of the soup.
- If making a creamy soup, consider using half and half or milk instead of cream to reduce the fat and calories.

Try using the vegetables, protein and grains that you have on hand in your refrigerator, freezer or pantry to create a soup. See "Pinchin' Pennie\$ in the Kitchen: 7 Steps to Creating a Soup" from North Dakota State University Extension.



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## Question

I'd like to use my leftovers more as "planned-overs" but I still end up throwing away too much food. Do you have any tips?

Food prices have increased in recent years, so taking steps to avoid waste makes sense for food budgets. Try making a weekly list of lunch and dinner menus that incorporate the potential "planned-over" foods from the previous day or two. Mixed vegetables and roast beef or chicken can become flavorful soups and casseroles. Consider these tips:

- Label the containers with the date you placed them in the refrigerator. If possible, place foods in "first in, first out" order.
- Keep track of time and temperature during food storage. You can store leftover food in the refrigerator at 40 degrees Fahrenheit for up to four days as long as the food was prepared and handled safely. Leftovers should be heated to an internal temperature of at least 165 degrees.
- Reheat only the amount of food you need. The quality of food decreases each time food is reheated.
- Freeze your leftovers for longer storage if you will not eat them within four days. Use freezer containers or bags to preserve your planned-over food in meal-size or recipe-size amounts. Be sure to label the container with the contents and date.
- Clean your refrigerator regularly. This is another important step in keeping your food safe. Once a week, make it a habit to throw out spoiled foods.

See the food safety information at [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) for more information.



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This hearty chicken, dumpling and vegetable soup recipe is a nod to the German heritage in North Dakota and beyond. We modified it to be lower in fat by replacing cream with whole milk and we reduced the sodium by using less salt in the recipe. We replaced half the white flour with whole-wheat flour.

## Knoephla Soup

- ¼ cup unsalted butter
- 6 cups baking potatoes (about 3 large), peeled and cubed
- ½ cup onion (about 1 small onion), diced
- ¾ cup celery, diced
- ¾ cup carrot, diced
- ½ teaspoon pepper (or to taste)
- 3 cups whole milk
- 6 cups chicken broth



### Knoephla (dumplings):

- ¾ cup whole-wheat flour (or use white flour)
- ¾ cup white flour
- 7 tablespoons whole milk, or more as needed
- 1 egg
- 2 teaspoons dill weed
- 2 teaspoons parsley
- ½ teaspoon ground black pepper (or to taste)
- ½ teaspoon salt

For knoepla soup: Melt butter in large skillet over medium heat. Saute potatoes, carrot, celery, onion and pepper until vegetables are tender, about 20 minutes. Stir 3 cups milk into potato mixture and heat until almost boiling, about five minutes. Remove skillet from heat. In separate pot, bring chicken broth to a boil.

For knoepla (dumplings): Combine whole-wheat and white flour, 7 tablespoons milk, egg, dill, parsley, salt and pepper. Add more milk a tablespoon at a time until dough is stiff. Roll dough into ½-inch-thick ropes. Cut ropes into ¼-inch pieces with a knife or kitchen shears. Drop pieces into boiling broth. Cover pot and reduce heat to simmer until knoepla begin to float, about 10 minutes. Stir potato mixture into broth and knoepla. Simmer until potatoes are tender.

Makes 10 servings. Each serving has 260 calories, 8 grams (g) fat, 9 g protein, 39 g carbohydrate, 3 g fiber and 480 milligrams sodium.