



Soup's On

“Between soup and love, the first is better.” That old Spanish saying captures the importance of soup, a great choice for lunch or dinner. If you love a good soup but worry it has to take hours simmering on the stove, here’s some good news: making your own soup takes only minutes, and cleans out your fridge at the same time!

Ten Minute Vegetable Soup “Recipe”

- Chop some onion, and start it cooking in a little olive oil.
- Chop and add any other little bits of vegetables from the fridge – carrots, mushrooms, celery, cabbage, sweet pepper or whatever you have.
- Add some low-sodium broth.
- Throw in leftover grains from last night’s dinner, or a few quick-cooking noodles.
- Add a handful of chopped greens such as spinach at the last minute.
- Season with your favorite herbs or spices.



For a heartier soup, add bits of fish or shrimp, or drain and rinse a can of beans and add them. Diced tomatoes (low sodium) are a nice touch too.

Stock Your Own Soup Factory

Ten Minute Soup is great for days you’re eating at home. But what about work days? Make a big batch of soup on a weekend—perhaps a slow-simmering lentil soup—and stash it in the freezer in individual-size containers. As you rush out the door in the morning, grab a container. By lunch it will be thawed, and ready to pop into the break-room microwave.

If you make a batch of a different soup every week or two, before long you’ll have a variety of choices awaiting you every morning in your freezer “soup factory,” to brighten the middle of your work day.

Canned Soups Work, too

In the past few years, manufacturers have worked hard to cut sodium in soups, while raising the bar for home-made flavor. Look for soups that are lower in sodium. To help you read labels, here’s how FDA defines various terms used on packages:

- **Salt/Sodium-Free:** Less than 5 mg of sodium per serving
- **Very Low Sodium:** 35 mg of sodium or less per serving
- **Low Sodium:** 140 mg of sodium or less per serving
- **Reduced Sodium:** At least 25% less sodium than the regular product
- **Light in Sodium or Lightly Salted:** At least 50% less sodium than the regular product
- **No-Salt-Added or Unsalted:** No salt is added during processing, but not necessarily sodium-free. Check the Nutrition Facts Label to be sure!

REMEMBER: You can easily lower the sodium in canned soups as you heat them up, too. When you add leftover vegetables or grains to canned soup, you spread the existing sodium out over more servings, so each one is healthier.