

Adding additional ingredients increases the volume of food and can dilute the sodium. It can also increase the “nutrition density” of a food by adding fiber (ie: brown rice or whole grain pasta, vegetables), vitamins and minerals (ie: vegetables, milk) and protein (ie: beans, legumes, leftover meats, etc.).

Try these “souper” ideas using ready-to-serve or condensed soup. Reconstitute condensed soups per directions on the label using water or milk.



Chicken Rice or Noodle

- Add 1 cup of peas and carrots plus $\frac{3}{4}$ cup cooked chicken per can of soup.
- 15-ounce can of white or black beans, drained and rinsed, 1 cup crushed tomatoes and 4-ounce can of chopped green chillies (optional).



Tomato

- Add mixed vegetables, corn or rice.
- Add $\frac{1}{2}$ pound of browned ground lean meat (turkey, beef or venison), plus water and vegetables for a quick stew.



Vegetable Beef

- Add whole grain pasta or noodles, rice and additional vegetables for a heartier soup.
- Add leftover vegetables and cooked chicken or other meat.



Ramen

- Use only $\frac{1}{2}$ seasoning packet and add spinach and or peas. When done, quickly whisk in an egg white to make your own “egg drop” soup. Add chopped chives or green onions if desired.



Split Pea

- Add leftover sausage, hot dog, kielbasa etc. and corn.



Vegetable

- Add rice or pasta with extra vegetables and a can of kidney or white beans for a quick vegetarian meal.