



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Simply and Delicious Dinners!

Soup can be a nutritious meal.

Whether you're starting with canned soup as a base or from scratch, create a wholesome meal by adding a variety of vegetables, beans, meats, and grains. Stock up on produce staples like carrots, celery, onions, and potatoes when they're on sale. Whole onions last 2-3 months when stored in a cool, dry place.

Potatoes can also last up to 2 months in a cool, dark place.

Chop up recipe veggies ahead of time to make weeknight cooking easier.

If you've got extra that aren't needed for planned meals or snacks, freeze them.

Blanching first helps maintain their quality and flavor.



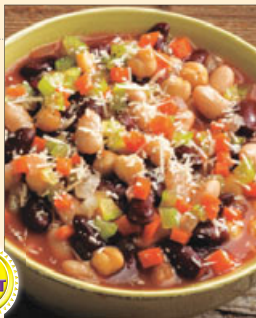
### How to Blanch -

1. Boil water, then add fresh chopped vegetables for 2-3 minutes.
2. Transfer to an ice bath for a minimum of 5 minutes, to cool and halt the cooking process.
3. Remove from water, pat dry, and transfer into a zippered freezer bag or airtight container. They're ready to freeze!

## Tuscan Bean Soup

### Ingredients:

- 1 Tbsp. olive oil
- 2 carrots, diced small
- 2 celery stalks, diced small
- 1 small yellow onion, diced small
- 2 garlic cloves, minced
- 3 cans (14 - 15.5 oz. size) cannellini, red kidney and/or garbanzo beans, drained and rinsed
- 1 can (14.5 oz.) less-sodium chicken broth
- 1-1/2 cups tomato purée
- 1 cup water
- 1/4 tsp. salt
- 1/8 tsp. ground black pepper



### Directions:

1. In large saucepot, heat oil over medium heat until hot. Add carrots, celery, and onion. Cook 4 to 5 minutes or until vegetables are soft and onion is translucent, stirring occasionally. Add garlic and cook for 1 minute, stirring occasionally.
2. Add beans, broth, tomato purée, and water. Heat to boiling over high heat; reduce heat to simmering. Cover and simmer 45 minutes; stir in salt and pepper.