



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

Dietitian's Dish

Achieve Plant-entions with Comforting Soups

Hearty soups offer a simple, flavorful solution for adding more vegetables and plant-based ingredients to your meals. You can follow a recipe or create your own.

Either way, soups make great use of leftovers to avoid food waste.

Stretch your budget by making them meatless or use less meat.

Try incorporating dried beans, canned or frozen ingredients to save even more money! Make them with colorful plant-based ingredients to get a variety of antioxidants and immune-boosting benefits.

Ingredients:

Stuffed Pepper Soup

- 1 Tbsp. olive oil
- 4 cups chopped sweet bell peppers
- 1 large onion chopped
- 2 tsps. minced garlic
- 1 lb. packaged ground sausage
- 1 Tbsp. fresh basil chopped
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 28 oz. can no-salt-added tomato sauce
- 1 28 oz. can no-salt-added diced tomatoes
- 2 cups low-sodium chicken stock
- 2 cups cooked brown rice
- 1 cup shredded low-fat Colby-jack cheese
- 2 green onions, sliced



Directions:

1. Heat oil over medium-high heat in a large stock pot. Add peppers and onions, and cook 5 minutes, or until translucent. Add garlic and cook 1 minute. Add sausage, and cook 5 minutes, or until meat is browned. Drain and return to pot.
2. Add basil, salt, and pepper. Cook 1 minute, or until fragrant. Add tomato sauce, diced tomatoes and chicken stock. Bring to simmer over medium-high heat. Reduce heat to low. Add precooked rice and cook 1-2 minutes.
3. Top with cheese and green onions.

Recipe courtesy of our friends at HealthyFamilyProject.com.

Tuscan Bean Soup

Ingredients:

- 1 Tbsp. olive oil
- 1 (10 oz.) bag frozen Mirepoix vegetables
- 2 garlic cloves, minced
- 3 cans (14-15.5 oz. each) 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 Mirepoix (diced carrots, celery and onion), and cook 4 to 5 minutes or until vegetables are soft and onion is translucent, stirring occasionally. Add garlic and cook 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.