

# HOW TO MAKE A SCRUMPTIOUS SOUP

There are many different types of soup out there and even more types that one can create on their own. Soups are a great way to use veggies that are a little past their prime, ever heard of “dump soup” or “cleaning out the fridge soup?” Soups are also great for busy lives because they can be made in very large quantities at one time and consumed throughout the week or frozen for meals to come!



## Soup Making Basics:

These steps outline the process for making almost any soup and leave lots of room for creativity and improvisation!

- 1) **CHOOSE A TYPE OF FAT** Your soup will (probably) need to start with some type of healthy fat, like butter or olive oil. This is to sauté any root vegetables or other initial flavors.
- 2) **CHOOSE YOUR BASE** What do you have on hand? Chicken, beef, or fish stock? Tomato purée? Cream or milk? Choose one – or two. You choose the flavors you want.
- 3) **CHOOSE YOUR MEAT** If you want meat, that is. Is this a chicken soup? Ground beef (like a chili, or made into meatballs)? Steak? Fish? Choose whatever you like. You’ll probably want this to match your base (beef with fish stock might not be such a great combination), but use what you have.
- 4) **CHOOSE YOUR VEGGIES** Onion is a pretty standard veggie because it imparts so much flavor. Garlic, carrots, and celery are all fairly common too – though not always used. There are also beans, potatoes, spinach, kale, corn, and so on. Use whatever you have, and whatever you like!
- 5) **CHOOSE YOUR SPICES** Sea salt and black pepper are your two most basic spices, so you will want to include them (well...at least the salt). Here are a few more popular flavor combinations.

- \* Chicken - Celery seed, marjoram, thyme, parsley, and sage
- \* Beef - Marjoram, rosemary, and thyme
- \* Tomato base - Basil, oregano or fennel
- \* Chilis - chili powder and perhaps cumin
- \* Cream Soups - Dash of parsley or thyme



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