

Scrumptious Soup Bowls

In the last edition of FoodPrints Anywhere, you learned how to plan dinner for your whole family by making Delicious Dinner Bowls. Well, now you can impress them again by planning and cooking Scrumptious Soup Bowls! Just make sure an adult helps you at the stove top.

STEP 1: CHOOSE YOUR INGREDIENTS

Make sure you choose a variety of ingredients. A mix of colors, flavors, and textures will create a flavorful soup, ensure you include many different nutrients, and can be combined into a totally unique recipe! Here are some ideas to get you started:

- **Base:** broth/stock (or water simmered with onion, carrot and celery: we recommend you start out by cooking chopped onions and garlic and then adding the liquid -- this will add wonderful flavor)
- **Protein:** beans of all kinds, lentils of all kinds, tofu; or use cut up pieces of leftover chicken, shrimp, beef, or pork
- **Veggies:** kale, collards, spinach, peas, corn kernels, carrots, mushrooms, tomatoes, peppers, garlic, celery
- **Carbs:** barley, brown rice, wild rice, broken spaghetti, rice noodles, macaroni noodles, orzo
- **Garnishes** (aka toppings): freshly chopped herbs, grated parmesan cheese, croutons, hot peppers



There are so many kinds of soup you can make! Here are some [FoodPrints soup and stew recipe](#) ideas.

STEP 2: PLAN YOUR OWN SOUP RECIPE

Use this handy chart to design a delicious hearty soup for your family!

	Base	
	Protein	
	Veggies	
	Carbs	
	Garnish	

NAME YOUR SOUP:



STEP 3: GATHER INGREDIENTS AND EQUIPMENT

Prepare your **Mise en place** (*MEEZ ahn plahs*). This is a French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out. It is a technique chefs use to assemble meals so quickly and effortlessly.

This means you should:

1. Get out any needed cooking equipment (large pot, cutting board, knife, stirring spoon, measuring cups/spoons)
2. Buy, open, or make your broth
3. Chop your vegetables and proteins
4. Prepare your grains and garnishes



DON'T HAVE BROTH? TRY THIS.

If a recipe calls for a little broth/stock, you can substitute water. Though broth adds flavor to soups and stews, its main purpose is to add liquid. If the recipe calls for a lot of broth, you can use water seasoned with a few Tablespoons of juice (such as orange juice or apple juice), melted butter, milk (dairy, coconut, nut, or soy milk), miso paste, olive oil, soy sauce, or dried mushrooms.

GREAT TASKS FOR YOUNG SOUS CHEFS



- rinsing beans/lentils
- peeling garlic
- breaking spaghetti noodles or scooping cooked rice
- picking leaves off of herb stems, hand tearing herbs
- tearing or cutting greens like spinach or kale
- chopping veggies (especially softer veggies like tomatoes, mushrooms, peppers and celery)
- grating cheese or carrots -- watch your knuckles!

STEP 4: TIME TO COOK - TOMATO SOUP

(This recipe makes enough for about 8 bowls)

You can follow this recipe exactly, or you can use these basic directions with the recipe planned (in Step 2) with your own ingredients. The basic idea is to saute veggies, add liquid (water or broth), then mix in other flavors like fresh herbs, and perhaps some protein or carbs to make it a full meal. If you chop ingredients ahead of time, the soup can be ready in as little as 30 minutes.



INGREDIENTS

- 2-3 Tablespoons olive oil
- 2 onions, peeled and diced
- 2 cloves garlic, peeled and minced
- 2 or more carrots, diced
- 2 or more celery stalks, diced
- 1 (28 oz.) can crushed tomatoes
- 4-5 cups water or broth
- 6 ripe tomatoes (about 2 cups, diced) or one 14oz. can of diced tomatoes
- salt and pepper to taste
- small bunch fresh basil, oregano, rosemary, or other combination of herbs you enjoy, minced

DIRECTIONS

- Place a large pot on the stove. Add the olive oil and onion. Sauté, stirring occasionally, for 3-5 minutes over medium heat.
- When the onion mixture is beginning to brown, add the carrots, celery, and garlic. Cook for about 10 minutes, stirring occasionally.
- Carefully add the tomatoes and the water. Bring to a boil, stir again and then reduce the heat to a simmer. Allow it to cook for another 10 minutes with the lid on.
- Remove the pot from the stove, season with salt, pepper, and the herbs.
- With an immersion blender, puree the soup or carefully ladle it into a regular blender. If using a regular blender, only fill it half way full and cover the blender with a towel. Turn on low speed to avoid it splattering hot soup. Or you can keep your soup chunky.
- Add in any additional ingredients like proteins and/or carbs, and simmer until warmed.
- Carefully dish your soup into bowls and top with your favorite garnishes. Enjoy!