

HOW TO SOUP UP YOUR CANNED SOUP

Boost Protein

Add any of the following to your soup as it heats:



- chopped up leftover cooked chicken or beef
- tofu cubes or crumble
- ½ cup any canned bean you think goes with the flavour of the soup - white, navy, black, or kidney beans
- precooked frozen mini meatballs
- stir in lightly beaten egg and turn your chicken soup into an egg drop soup
- chopped ham to a pea soup

If you don't like the texture of beans, mash them up first before adding them to soup. This gives you all the nutrients and fibre of the beans, and adds "body" to a thin soup. This works especially well with white beans.

Make it more filling

- Add ½ cup cooked pasta, rice, or other grains, like barley or quinoa
- Grains double or triple in size when cooked, so keep that in mind if you add uncooked grains to your soup

Add Flavour

Sauté oil and add spices. Cook until fragrant, then add the can of soup.

- Thyme, bay leaf, and red pepper flakes to mushroom soup
- Curry powder and garlic to squash soup
- Red curry paste or basil and oregano to tomato soup

Stir a spoonful of pesto into your vegetable soup just before serving.

Add salsa to your black bean soup and serve with a dollop of plain yogurt.

Add Veggies

Add a handful of fresh or frozen greens like spinach, kale, or chard when you heat your soup.

Sauté any one or a combination of the following chopped veggies before adding soup to the pot:

- onion
- celery
- carrot
- pepper
- garlic
- tomato
- zucchini
- leftover cooked vegetables



Ottawa Food Bank