

Super Nutrition Soup

Concentrated Vitamins, Minerals and Phytochemicals

Soup can be a fast food full of vitamins and minerals, low in fat, high in fiber and good tasting too. Soup can be made ahead of time in large quantities and frozen into serving sized containers for future use. Many workplaces have microwave ovens to reheat and make your soup hot for any lunch. Soups can provide several servings of the 5-7 servings of vegetables each day. Using beans, grains and tofu, even small quantities of lean meat (diced) will provide complete proteins and all the essential amino acids for a healthy body. For those who find the dark green leafy vegetable too strong, a soup is a good place to put them for maximum nutrition and fiber benefits.

Best vegetables: Remember to use many colors of vegetables. When possible leave the skins after washing, since both the most valuable phytochemicals as well as vitamins and minerals are there. Use organic when possible for both purity and improved flavor. Purée vegetables (particularly potato, rice and rice flours) to thicken the soups and avoid wheat thickeners.

Here are a few suggestions **Dark Green veggies:** *Kale, Spinach, Parsley, bell pepper, asparagus, cucumbers,*

Yellow and Orange veggies: *Carrots, squash, yellow bell pepper, sweet potato.*

Red vegetables: *include tomatoes, red chard, beets and beet greens and also purple cabbage.*

Onions etc. *Onions (white, red and yellow), scallions and green onions, leeks, Garlic of many varieties* These are important foods for healing as well as wellness) Unless otherwise directed mushrooms of many varieties are both healthful and curative as well as excellent taste enhancers. (Shitake and Maitake are both considered medicinal)*

The cabbage family should be considered separately because of their unique properties: *Cabbage, broccoli, brussels sprouts, cauliflower are the most popular and add a distinctive flavor to whatever soup they are added. Be careful mixing them with other vegetables since their flavor overwhelms other flavors.*

Grains include whole grains: *brown rice, quinoa, amaranth, barley, millet, wheat, oats.*

Beans, Peas and other dried legumes come in many colors shapes and varieties to add variety and protein base to soups.

Tofu comes in several textures: *silky to hard. Tofu accepts the flavors around it and provides phytoestrogens as well as excellent protein-forming amino acids.*

Small quantities of meats with fat removed are ok and useful for binding and absorption of some nutrients.

Herbs and spices are fine, unless advised otherwise. **Do not Salt the Pot** if people want salt have them add it at the table. **Thickeners and creaming agents** like sour cream and milk can be supplied at the table. Some people use nuts ground as a condiment and others add nuts to recipes for extra texture. Be sparing.

Remember: *Experiment on small quantities and save your favorite combinations.*

Pack in 8 oz. freezable and microwaveable containers for simple and nutritious fast food. *If no microwave, a thermos will keep soup for hours.*

For Further information on your nutrition program contact Dr. Green at (845) 294-9990 or 651-1460

Remember: *Healthy nutrition can be simple and enjoyable. Planning ahead pays off.*