

Soup's On – One way to avoid consuming the salt loaded canned soups is to make your own. Be adventurous and try these deliciously healthy soup recipes.

Corn Chowder:

2 Tbsp olive oil
1 onion, diced
5 garlic cloves, chopped
2 Tbsp all purpose flour
2 red bell peppers, seeded and chopped
2 carrots, peeled and chopped
2 cups corn niblets or kernels (frozen or fresh)
1 potato, peeled and dices
3 cups skim or 1% milk
2 cups lower-sodium vegetable broth
1 tsp dried thyme
½ tsp black pepper
1 ½ cups canned cannelloni, Great Northern, or other white beans, drained and rinsed

Heat the olive oil in a medium stockpot over medium-high heat. Add the onion and garlic and sauté for 2 minutes. Stir in the flour and cook for 1 minute, stirring constantly. Add the peppers, carrots, and corn and stir well. Stir in the potato, milk, broth, thyme, and pepper. Bring to a boil, reduce the heat, and simmer for 15 to 20 minutes or until the potatoes are tender.

Meanwhile, mash the beans with a fork in a small bowl until they form a paste. Stir the beans into the soup and cook until warmed through. Makes 10 servings.

Per Serving (1 cup)

Calories: 150
Total fat: 3 gm
Sat fat: 0 gm/trans fat: 0 gm
Fiber: 4 gm
Sodium: 240 mg
Cholesterol: 0 mg
Carbohydrates: 25 mg
Protein: 7 gm

Note – To turn the corn chowder into a seafood chowder, add chopped raw or cooked shrimp or scallops (10 minutes before the soup is done) or chicken (when you add the milk and broth).

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