

“PANTRY SOUP”



You don't need a specific recipe to make a tasty soup! And, you can use ingredients you already have on hand!!! Here is a basic formula which you can customize based on whatever you already have in your pantry:

- 5 cups liquid (water or low sodium broth)
- 2 cups veggies (carrots, celery, tomatoes, peas, green beans, etc.)
- 1 cup cooked meat or beans (lean ground beef/turkey, shredded chicken, black beans, or white beans)
- 1/2 cup uncooked pasta (or use quinoa for more protein)
- 1 Tablespoon spices (garlic or onion powder, Italian seasoning, etc.)

Simply toss all ingredients in a pot and boil until pasta is tender. That is it! And soups are easily frozen to keep for future meals.