

Soups and salads

By Sandra Bastin, PhD, RDN, LD

Extension Food and Nutrition Specialist

On a cold winter day, there's nothing like a warm bowl of soup to resuscitate your body and soul. On a warm summer day, there's nothing like a cool, crisp salad. But individual soups or salads don't have to be for specific seasons anymore. Salads add color, zest and variety to any occasion — and are the perfect accompaniment to a bowl of soup!

Soups

- A **bisque** is a thick, rich soup usually consisting of pureed seafood and cream.
- **Stock, broth, bouillon and consommé** are interchangeable. Bouillon is a broth made by cooking vegetables, poultry, meat or fish in water. The liquid that is strained off after cooking is the bouillon, which can form the base for soups and sauces. Concentrated cubes of dehydrated beef, chicken or vegetable stock and the granular form are available, but can be high in sodium. Consommé is usually a clarified meat or fish broth.
- **Bouillabaisse** is a celebrated seafood stew from Provence, made with an assortment of fish and shellfish, onions, tomatoes, white wine, olive oil, garlic, saffron and herbs. The stew is ladled over thick slices of French bread.
- **Gumbo** is a hearty soup-stew made of a variety of meat and seafood, such as chicken, sausage, ham, shrimp and crab, and vegetables like okra, tomatoes and onions. The dish blends the culinary cultures of the French, Spanish, African and Indian.
- **Vichyssoise** is a rich, creamy potato-and-leek soup that's served cold and garnished with chopped chives.



- **Chowder** is a rich milk or cream-based soup, featuring solid ingredients like vegetables and/or seafood which have been gently simmered to tenderness. New England-style chowder is made with milk or cream and Manhattan-style with tomatoes. The term chowder is also used to describe any thick, rich soup containing chunks of food, such as corn chowder.
- A **stew** is any dish that is prepared by stewing and often applies to dishes that contain meat, vegetables and a thick soup-like broth resulting from a combination of the stewing liquid and the natural juices of the food being stewed.

Once prepared, stocks freeze well after straining and thorough chilling. To cool large containers of soup, cool rapidly in an ice water bath, stirring frequently; or place in small containers no larger than quart-size and refrigerate or freeze immediately. Soups will keep in the refrigerator several days.

Cooled broth or stock can be frozen in freezer trays. The cubes can then be stored in airtight containers in the freezer and used to add flavor to soups, gravies or sauces. Ten cubes equals about 1 cup of stock. Allow about one cup of stock per person.

Salads

The status of the common green salad has taken a new exciting direction! Yesterday's side-dish, composed of pale green iceberg lettuce with a few vegetables grated over the top, is now seen as in many different forms with the addition of grilled salads, and new combinations of flavors and dressings. Salads offer a variety of flavors, textures, and colors which can highlight any meal.

Depending on their ingredients, they can be used as an entrée, dessert, side dish or appetizer.

USDA's MyPlate recommends that we consume at least five servings of fruits and vegetables per day. One cup of leafy raw vegetable can count as one of these servings. If a fruit salad is what you desire, then count one piece of fruit, or a melon wedge, or one-half cup of canned fruit as a serving. Salads prepared with fresh raw vegetables and fruits are an excellent source of vitamin C. Dark green leafy or yellow vegetables are also an excellent source of vitamin A.

Often we assume that salads are lower in fat. But adding mayonnaise, chopped meats and cheeses and high-fat salad dressing can tally up to high fat and high calories quickly.

There are two types of **vegetable salads** — greens with fresh vegetables and marinated vegetables. Greens with fresh vegetables include tossed, Caesar and spinach salads. Marinated salads include coleslaw, carrot-raisin, three-bean and potato salad. Ingredients should be cut into bite-sized pieces with a light coating of dressing. Use one to two tablespoons of dressing for every four-ounce portion of salad.

The pasta in **pasta salad** should be the main attraction and should not be upstaged by the dressing or other ingredients. For maximum flavor, pasta salads should not be served right out of the refrigerator. When very cold, their flavor is somewhat subdued and their texture is sticky. The basic guidelines for pasta salads also apply

to **rice salads**. To prevent sticky or mushy rice use long-grained polished rice.

In **legume salads**, the doneness of the bean or pea is very important. The eye appeal of the salad depends heavily on the shape and color of the beans. Use whole, unbroken legumes and cook to the *al dente* stage.

Meat and poultry salads can be served as an appetizer, salad or entrée. Meat and poultry salads require constant refrigeration and should be in airtight containers to avoid dehydration and contamination. If leftover meats become dry after refrigeration, they may need to be marinated in vinaigrette for 45 to 60 minutes.

Seafood salads depend on firm seafood. Moist heat methods, such as poaching, braising, steaming or boiling, is the most commonly used method of cooking.

Fruit salads range from the simplicity of sliced fruit to fruits mixed with a dressing. The primary concern is the preservation of the natural color, flavor and texture. The flesh of some fruits, such as apples and bananas, turns brown after being exposed to air. The most common methods of preventing this are the dipping of the cut fruit in a light acid, sugar or salt solution.

Soup and salad recipes

Chunky Gazpacho

- 6 cups coarsely chopped tomatoes
- 32 ounces low-sodium tomato juice
- 2 cups coarsely chopped peeled cucumber
- 1 1/2 cups chopped green bell pepper
- 1 1/4 cups finely chopped sweet onion
- 1 cup finely chopped celery
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 Tbsp basil vinegar
- 1 Tbsp rice vinegar
- 3/4 tsp salt
- 1/2 tsp pepper
- 1/2 tsp hot sauce
- 3 garlic cloves, minced

1. Combine all ingredients and stir well.
Cover and chill.

Yield: 8 (1 1/2-cup) servings

Nutritional analysis: 95 Calories, 3 g protein, 2 g fat, 17 g carbohydrate, 321 mg sodium.

Fresh Fruit with Tangy Dressing

- 4 cups sliced banana
- 4 cups cubed cantaloupe
- 1 medium avocado, peeled and sliced
- Lettuce leaves
- 1 tablespoon sugar
- 1/3 cup lemon juice
- 1/4 cup water
- 1 tsp celery seeds
- 1 tsp dry mustard
- 1 tsp paprika
- 1/2 tsp salt

1. On each of eight lettuce-lined salad plates, arrange 1/2 banana, 1/2 cup cantaloupe and 1/8 of avocado.
2. Combine sugar and the remaining ingredients in a blender.
3. Drizzle dressing over each salad.

Yield: 8 (2-tablespoon) servings

Nutritional analysis: 189 Calories, 2 g protein, 6 g fat, 36 g carbohydrate, 158 mg sodium.

Chicken Pasta Stew

- 1 lb. skinless, boneless chicken, in 1-inch pieces
- 1 medium onion, chopped
- 3/4 cup celery
- 7 ounces diced green chiles
- 2 tsp chopped garlic
- 2 cups chicken broth, fat removed
- 1 cup water
- 2 cups egg noodles
- 1 1/2 cups frozen mixed peas and carrots

1. In a 3-quart saucepan, mix all ingredients except noodles and mixed vegetables.
2. Simmer covered for 15 minutes.
3. Add remaining ingredients.
4. Simmer uncovered, 15 minutes or until noodles are tender.

Yield: 5 (1 1/2-cup) servings

Nutritional analysis: 272 Calories, 32 g protein, 21 g carbohydrate, 7 grams fat, 87 mg cholesterol, 291 mg sodium.

Black Bean Salad

- 2 15-ounce cans black beans, drained
- 1/2 cup red bell pepper, sliced thinly
- 3/4 cup green chili peppers, finely chopped
- 1 clove garlic, finely minced
- 1 Tbsp lemon juice
- 2 tsp sugar
- 1/2 cup French dressing

1. In a stainless steel mixing bowl, combine all ingredients except black beans and blend well.
2. Add black beans and gently toss, being careful not to break the beans.
3. Adjust seasoning.
4. Allow salad to marinate for a minimum of 3 hours.

Yield: 5 servings

Nutritional analysis: 232 Calories, 10 g protein, 32 g carbohydrate, 11 g fat, 15 mg cholesterol, 1052 mg sodium.

Meals in themselves

Chicken and Broccoli Salad

- 2 cups cooked, diced chicken
- 2 1/2 cups freshly chopped broccoli
- 1/2 cup raisins
- 1/4 cup sunflower seeds
- 2 Tbsp diced red onion

- 2 Tbsp crisp crumbled bacon
- 2 Tbsp non-fat plain yogurt
- 2 Tbsp mayonnaise
- 1 1/2 Tbsp sugar or artificial sweetener
- 1/2 Tbsp vinegar

1. Combine chicken, broccoli, raisins, sunflower seed, onion and bacon.
2. Mix remaining ingredients together and add to broccoli mixture.
3. Toss well to coat.
4. Chill a minimum of 2 hours.

Yield: 4 (1 1/2-cup) servings

Nutritional analysis: 320 Calories, 25 g protein, 29 g carbohydrate, 13 g fat, 62 mg cholesterol, 163 mg sodium.

Tostada Salads

- 6 (8-inch) flour tortillas
 - 1 lb. ground beef
 - 1-2 tsp chili powder
 - 1/4 tsp cumin
 - 1/4 tsp oregano leaves
 - 1/4 tsp garlic powder
 - 1/4 tsp onion powder
 - 1/2 cup tomato sauce
 - 1/2 cup water
 - 2 cups shredded lettuce
 - 15-ounce can kidney beans, drained
 - 1 large tomato, seeded and chopped
 - 1 small onion, chopped
 - 1/2 cup sliced ripe olives
 - 8-ounce jar pasteurized processed cheese spread
1. Bake tortillas at 350°F for 10-13 minutes until dry, crisp and lightly browned.
 2. In large skillet, brown ground beef and drain.
 3. Add seasonings, tomato sauce and water, simmering 5 minutes.
 4. To assemble: place baked tortillas on serving plates and top each with 1/6 of each ingredients, beginning with lettuce. Pour melted cheese over salads.

Yield: 6 servings

Nutritional analysis: 464 Calories, 30 g protein, 39 g carbohydrate, 21 g fat, 72 mg cholesterol, 933 mg sodium.

Hearty Beef Stew

- 2 lb. boneless beef stew meat in 1 1/2-inch cubes
 - 1/4 cup flour
 - 2 tsp salt
 - 1/4 tsp pepper
 - 3 Tbsp oil
 - 2 cups water
 - 8-oz tomato sauce
 - 2 celery stalks, cut into 1-inch pieces
 - 2 medium onions, quartered
 - 1 bay leaf
 - 6 carrots, cut into 1-inch pieces
 - 4 medium potatoes, cut into pieces
 - 2 Tbsp flour
 - 1/4 cup water
 - 1 cup frozen peas
1. Coat beef with mixture of flour, salt and pepper.
 2. Brown meat in oil.
 3. Stir in water, tomato sauce, celery, onions and bay leaf.
 4. Bring to a boil.
 5. Reduce heat, cover and simmer 1 1/2 hours or until meat is tender.
 6. Remove bay leaf.
 7. Add carrots and potatoes.
 8. Simmer covered an additional 30-40 minutes or until vegetables are tender.
 9. Combine flour and water well.
 10. Stir into stew along with peas.
 11. Cook until mixtures thicken.

Yield: 6 (1 1/2-cup) servings

Nutritional analysis: 527 Calories, 31 g protein, 42 g carbohydrate, 26 g fat, 92 mg cholesterol, 1278 mg sodium.

Thai Chicken Curry Soup

- 1 tablespoon olive oil
- 1/2 cup red onion, thinly sliced
- 1 teaspoon ginger, ground
- 1 garlic clove, minced
- 2 tablespoons Thai green curry paste
- 4 cups chicken broth, low sodium
- 1 can (13.5 ounces) coconut milk
- 2 tablespoons fish sauce
- 2 tablespoons lemon or lime juice
- 1/2 teaspoon turmeric, ground
- 1/2 cup sliced carrots, thinly sliced
- 2 cups cooked chicken, shredded
- 4 ounces thin rice noodles
- 1/4 cup cilantro, fresh chopped

1. In a medium sauce pan, heat oil over medium heat. Add the onions, ginger and garlic. Cook, stirring frequently until onion are softened, about 3-5 minutes.
2. Add remaining ingredients and bring to a simmer. Continue simmering, uncovered until rice noodles are cooked, according to the package instructions.
3. Serve with Sriracha sauce and lime wedges, if desired.

Yield: 4 servings

Nutritional analysis: 410 calories, 27 g protein, 17 g carbohydrates, 1 g fiber, 27 g fat, 70 mg cholesterol, 2010 mg sodium

Note: This dish is very high in sodium. A substitute for fish paste is low sodium soy sauce; a substitute for Thai green curry paste is 1 teaspoon curry powder for 1 tablespoon curry paste. These

substitutes will change the flavor and appearance of the soup slightly.

Winter Vegetable Grain Bowl

- 6 cups of winter vegetables, such as sweet potatoes, beets, acorn or butternut squash, pumpkin, carrots, etc, chopped into 1/2" cubes
- 2 tablespoons Italian seasoning
- Cooking spray
- 1 cup wild rice, uncooked
- 1/2 cup dried cherries, cranberries, golden raisins, etc.
- 8 cups of shredded leafy greens, such as arugula, red oak lettuce, kale, spinach, etc.
- 3/4 cups crumbled feta cheese
- 3/4 cups of nuts, such as, pecans, walnuts, pistachios, sunflower, etc.
- 1 cup balsamic vinaigrette, commercially prepared

1. Preheat the oven to 425 degrees Fahrenheit.
2. Spray winter vegetables and sprinkle with Italian herbs; toss. Spread on parchment lined baking sheets and cook for 30 minutes or until vegetables are soft.
3. Cook wild rice according to package directions.
4. In a large bowl, combine all ingredients and to with balsamic vinaigrette.
5. Serve chilled or hot.

Yield: 8 servings

Nutritional analysis: 360 calories, 8 g protein, 46 g carbohydrate, 7 g fiber, 19 g fat, 10 mg cholesterol, 530 mg sodium.

Note: Sodium can be reduced by making your own balsamic vinaigrette.

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