Creative Ways to Use Canned Soup

Ready to serve or condensed soup can be served on its own or used as an ingredient to create other dishes. Using canned soup with other ingredients may reduce the sodium content of the prepared dish. Below are ways to use this staple.

» Brown ground meat in a skillet, drain fat and add a can of condensed soup for a hearty stew.

» Spoon heated condensed soup as sauce or gravy over mashed potatoes or cooked pasta. (May need to add water to thin to desired consistency).

» Add cooked pasta or rice to ready to eat soup.

» Add cooked or canned meat to soup during heating.

» Add more fresh, frozen or canned vegetables.

» Add cooked barley, lentils or rinsed canned beans.

Sautéing and Braising

Sautéing means cooking foods rapidly in a small amount of oil in an uncovered pan and stirring constantly. Braising means cooking slowly in a small amount of liquid in a covered pan. The liquid can be chicken broth, water, or apple juice.

Here is a recipe to cook cabbage using both sautéing and braising cooking methods.

Cooked Cabbage Serves 6

**Ingredients**

» 1 Tablespoon vegetable oil

» 1 onion, sliced

» 1 apple, sliced (optional)

» 1 medium head cabbage

» 1 clove garlic, minced or ⅛ teaspoon garlic powder

» ⅓ cup braising liquid, chicken broth, or apple juice

**Directions**

1. Wash hands. Rinse cabbage. Remove any outer leaves that are wilted or brown. Place on cutting board. Cut in half. Place flat side down on board. Chop or cut into 1 inch pieces.

2. Add oil to the pan. Add onions, apples and garlic. Sauté on low heat for 2 to 3 minutes.

3. Add sliced cabbage and braising liquid. Bring to a boil. Cover the pan and lower to medium heat. Stir occasionally. Cook 10 minutes or until cabbage is tender.

Nutrition Information per 1 cup serving: Calories 50, Fat 2g, Carbohydrate 9g, Protein 2g

Sources: Penn State Nutrition Links Vegetable Newsletter - Cabbage and 1,2,3, Cook Nutrition Calendar 2006 Iowa State University
Create a Casserole From Your Pantry
Serves 6 to 8

Ingredients
Select food(s) from each category or choose your family favorites.

Grain - select ONE
- 2 cups dry pasta (elbow macaroni, penne, spiral, bow tie)
- 1 cup dry long-grain white or brown rice
- 4 cups dry medium or wide noodles

Protein - select ONE
- 2 cups cooked ground meat
- 2 cups cooked and diced chicken, turkey, ham, beef, pork, or tofu
- 2 cups chopped cooked egg
- 2 (6 to 8-ounce) cans fish or seafood, flaked
- 2 cups canned, rinsed or cooked dried beans (kidney, pinto, black, etc.)

Vegetable - select ONE
- 1 (10 to 16-ounce) package frozen, thawed and drained: spinach, broccoli, green beans or peas
- 1 to 2 cans, drained and rinsed: mixed vegetables, carrots or corn
- 2 cups sliced fresh zucchini, kale, tomatoes, potatoes or squash

Sauce - select ONE
- 1 can condensed cream soup (mushroom, celery, cheese, or chicken) mixed with milk or water to make 2 cups; or 2 cups white pasta sauce
- 1 (14.5-ounce) can diced tomatoes with juice

Seasoning - select ONE or MORE
- ¼ to ½ cup chopped celery, onion or olives
- 1 - 2 teaspoons mixed herbs (basil, thyme, marjoram, tarragon)
- Pepper and spices to taste

Topping - select ONE or MORE
- 2 Tablespoons grated Parmesan cheese
- ¼ to ½ cup shredded Swiss, cheddar, or Monterey Jack cheese
- ¼ to ½ cup bread, cracker or cereal crumbs

Directions
1. Wash hands. Cook grains according to package directions.
2. Spray a 2 to 2½ quart casserole dish with non-stick cooking spray, then combine all ingredients in dish, except topping.
3. Cover and bake at 350°F for about 50 to 60 minutes or until internal temperature reaches 165°F and casserole is steaming hot throughout.
4. Add toppings, if desired and place in oven uncovered for about 10 minutes.

Source: University of Nebraska Extension, snaped.fns.usda.gov
Image Source: Broccoli and Corn Bake / myplate.gov

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