



## What to do with Canned Vegetable Soup

Vegetable soup can be served on its own or used as an ingredient to create other dishes. Below are ways to use this staple. Using canned soup with other ingredients may reduce the sodium.

- Brown ground meat in a skillet, pour off fat and add a can of condensed soup for a hearty stew.
- Serve it over mashed potatoes as sauce or gravy.
- Cook pasta or rice in the broth to make a heartier soup.
- Add some canned meat or cooked mini meatballs while it's cooking.
- Use the condensed soup as a sauce to serve over pasta. (May need to add water to thin to desired consistency).
- Add more vegetables such as fresh, frozen or canned.
- Add drained and rinsed canned beans, barley or lentils.

## What does Sautéing and Braising Mean?

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 one way to cook cabbage using both sautéing and braising cooking methods.



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## **Cooked Cabbage**

(4 Servings)

### **Ingredients**

- 1 Tablespoon vegetable oil
- 1 onion, sliced
- 1 apple, sliced (optional)
- 1 medium head cabbage
- 1 clove garlic, minced or 1 teaspoon garlic powder
- 1/3 cup braising liquid, chicken stock, 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 on high heat, bring to a boil. Cover the pan and lower to medium high heat. Stir occasionally. Cook 10 minutes or until cabbage is soft.

Sources: Penn State Nutrition Links Vegetable Newsletter - Cabbage and 1,2,3, Cook Nutrition Calendar 2006 Iowa State University

Nutrition Information: Calories 50, Fat 2g, Carbohydrate 9g, Protein 2g

## Make a Casserole From Foods in Your Pantry

### Ingredients:

Select food(s) from each category or use your own favorites.

### Starch - select ONE:

- 2 cups uncooked pasta (macaroni, penne, spiral, bow tie), COOKED
- 1 cup uncooked long-grain white or brown rice, COOKED
- 4 cups uncooked noodles, COOKED

### Protein - select ONE:

- 2 cups cooked ground beef
- 2 cups cooked and diced chicken, turkey, ham, beef, or pork
- 2 cups chopped hard-cooked egg
- 2 (6 to 8-oz.) cans fish or seafood, flaked
- 2 cups cooked or canned dry beans (kidney, etc.)

### Vegetable - select ONE:

- 1 (10-oz.) pkg. thawed and drained frozen spinach, broccoli, green beans, green peas
- 1 (16-oz.) can green beans, peas, carrots, corn, drained
- 2 cups sliced fresh zucchini

### Sauce - select ONE:

- 2 cups white sauce or 1 can sauce-type soup (mushroom, celery, cheese, tomato, etc.) mixed with milk to make 2 cups
- 1 (16-oz.) can diced tomatoes with juice

### Flavor - select ONE or MORE:

- ½ cup chopped celery, ¼ cup chopped onion, ¼ cup sliced black olives
- 1 - 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon)
- Salt and pepper to taste

### Topping- select ONE or MORE:

If desired after heating, place on top:

- 2 Tablespoons grated Parmesan cheese
- ¼ cup shredded Swiss, Cheddar, or Monterey Jack cheese
- ¼ cup buttered bread crumbs
- ¼ to ½ cup crunchy toppings such as crackers, croutons, or cereal

### Directions:

1. Wash hands.
2. Combine all ingredients in a 2 to 2½ - quart casserole dish sprayed with non-stick cooking spray.
3. Cover and bake at 350°F for about 50 minutes to 1 hour or heat until steaming hot (165°F) throughout.
4. Return casserole with topping(s), uncovered, to oven for about 10 minutes. Makes 6 one cup servings

Source: University of Nebraska Extension, [snaped.fns.usda.gov](http://snaped.fns.usda.gov)

This material was funded, in part, by the Expanded Food and Nutrition Education Program (EFNEP), which is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and funded, in part, by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture. This institution is an equal opportunity provider.

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

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