



Hints for Making Soup

Soups and stews should only simmer when cooking. Instructions may tell you to heat to a boil, and then immediately reduce heat. Never leave soup at the boiling point.

You can reduce the fat in cooked ground beef by blotting, rinsing and draining. Nutrition researchers have determined that a simple rinsing process reduces the fat content of cooked ground beef crumbles by as much as 50 percent.

You may have heard that chili tastes better the next day – well, it's true! If possible, refrigerate cooked stews and soups overnight before serving. Flavors have more time to blend, and you can skim fat off the top before reheating and serving.

One way to thicken soup is to take some of the cooked vegetables out of the soup and puree them in a blender. Then, return blended ingredients to the original soup mixture.

Herbs will have a more intense flavor if added at the end of the cooking process.

If you wish to make a cream soup and would like to reduce the fat, make this substitution for cream in a recipe. For a quart of cold water add ½ can of evaporated milk and approximately 2 cups of powdered milk. You will have the best results, with this type of soup, if you cook it in a double boiler.

To cool a hot soup mixture, divide soup into several smaller containers and refrigerate. You should never set a large pot of hot soup in the refrigerator as the mixture will be too dense to cool down quickly. Reheat soup to 165 degrees F before serving.

Freeze soup in individual serving containers. Add whole grain crackers or a roll, and a piece of fruit for a tasty lunch.

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