

Sumptuous Soups and the Family Dinner

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation’s children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.

The importance of the family table

The family dinner provides the foundation of a healthful diet to our children. Children who regularly eat with their families are more likely to eat fruits, vegetables, and grains. They are also less likely to snack on unhealthy foods. Family meals offer the chance to introduce your child to new fruits, vegetables, beans, and whole grains.

The benefits of family dinners go beyond good nutrition. Research shows that students who regularly eat with their family have better grades, are less likely to be depressed, and are less likely to smoke, drink alcohol, or use illegal drugs.

Family dinner should not be a chore. A simple, hearty soup makes a wholesome foundation for lunch or dinner. Just add a salad and whole grain bread and you have a healthful meal anytime of the day.

Do you want to make it easier to prepare family meals?

- Stock your pantry with healthful staples for easy soup preparation. Suggestions include low-sodium stock, low-sodium vegetable juice, whole grain pasta, canned or dried beans, refried beans, and frozen vegetables.
- Include your children in preparing meals. Children are more likely to eat the foods they help prepare. It also helps them develop an important life skill.
- Keep meal preparation simple. Don’t aim for gourmet meals every day. Simple dishes often have the best flavors.
- Save time by selecting pre-washed vegetables in the produce section of stores. The cleaning and preparation is sometimes the most time-consuming part of cooking.
- Prepare items that don’t require cooking. A fruit plate or vegetable salad makes a tasty and nutritious side dish.
- Prepare extra for leftovers. If you’re making a family favorite, double the recipe and freeze a portion for next week.
- Use time during the weekends to prepare foods in advance and freeze them.



Favorite Vegetable Soups

Butternut Squash and Apple

Cream of Broccoli

Tomato

Minestrone

Beef Vegetable

Gazpacho

Borscht

Corn Chowder

Potato Leek

Carrot Coconut Lime

French Onion

Resources

USDA, *Inside the Pyramid*, mypyramid.gov/pyramid/index.html

USDA, *Dietary Guidelines for Americans*, 2005,
www.health.gov/dietaryguidelines/default.htm

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Grandma Byrd's Saturday Soup

Yield: 1 gallon

2 tablespoons	Olive oil
1 large	Onion, chopped
2 stalks	Celery, chopped
2 tablespoons	Garlic, finely minced
2 1/2 quarts	Stock or broth, chicken, vegetable, or beef
1 pound	Mixed vegetables, frozen
1 cup	Shell peas, fresh or frozen
14 1/2 ounce can	Tomatoes, chopped
2 cups	Cabbage, chopped
1/2 teaspoon	Black pepper
1 teaspoon	Salt

1. Heat the olive oil in large, heavy-bottomed stockpot over medium heat. Add onions, celery, and garlic. Sauté until the onions begin to soften, approximately 7 to 8 minutes.
2. Add the stock, increase the heat to high, and bring to a simmer. Once simmering, add the mixed vegetables, shell peas, tomatoes, cabbage, pepper, and salt.
3. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
4. Serve immediately or refrigerate for later use.

Source: Sylvia and John Byrd, Starkville, Mississippi

Nutrition Facts

Serving Size 10 ounces
Servings Per Container 12

Amount Per Serving

Calories 110 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 370mg **15%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 5g

Vitamin A 15% • Vitamin C 20%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 10 ounces
Servings Per Container 12

Amount Per Serving

Calories 120 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 240mg **10%**

Total Carbohydrate 26g **9%**

Dietary Fiber 4g **16%**

Sugars 13g

Protein 2g

Vitamin A 250% • Vitamin C 35%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Butternut Squash & Apple Soup

Yield: 1 gallon

2 tablespoons	Butter
12 ounces	Onion, small diced
3 pounds	Butternut squash, peeled, seeded, medium diced
1 pound	Apples, peeled, cored, medium diced
1 teaspoon	Salt
1/8 teaspoon	Black pepper, fresh, ground
1/8 teaspoon	Nutmeg, optional
6 cups	Vegetable stock
2 cups	Apple cider
1/2 ounce	Fresh thyme
1 each	Bay leaf
1 ounce	Parsley stems

1. Heat the butter in a large stock pot. Add onions and sauté until translucent. Add the squash and apple; season with salt, pepper, and nutmeg. Add stock and cider and bring to a simmer.
2. Tie thyme, bay leaf, and parsley stems together with a piece of twine and add to the pot. Let simmer for about 1 hour or until the largest pieces of squash are tender.
3. Remove soup from the heat; remove the herb bundle, and discard. Puree soup mixture with an immersion blender or a food processor. Adjust the seasoning. Serve hot.

Source: Jonathan Bennett, Executive Chef, Moxie, Beachwood, Ohio