Basic Guide for Simple Soups:

- **Step 1: Fats and Aromatics:**
  - Heat 2-3 tablespoons of butter or oil in a pot. Sauté a couple handfuls of diced onions and minced garlic for about 5 minutes until soft.

- **Step 2: Vegetables and Seasonal Produce:**
  - Stir in chopped vegetables and cook for about 5 minutes. Carrots and celery are common vegetables to add to almost every soup. Other common produce includes potatoes, corn, kale, spinach, peas, butternut squash, collard greens, bell peppers, beans, etc.

- **Step 3: Protein:**
  - Choose whatever kind of protein you like! Sometimes it is easier to base the rest of the soup around the protein of your choice. If you are using some sort of broth, you will usually want to match the type of broth to the type of meat. For example, poultry pairs well with chicken broth, beef pairs with beef broth, and everything else will pair well with vegetable broth.

- **Step 4: Broth:**
  - Add about 6-8 cups of liquid. Bring to a boil, then reduce heat and let simmer until everything is tender.
  - If you don’t have broth on hand, you can use water. Try adding a bouillon cube to water for extra flavor!
  - See homemade broth recipe!

- **Step 5: Herbs and Spices:**
  - Salt and pepper are essential for every soup! Garlic powder and onion powder can be used to enhance those flavors, especially if you don’t have fresh garlic and onion on hand. Some common herbs for soups include oregano, parsley, basil, rosemary, bay leaf, and thyme. Celery, thyme, parsley, and sage go well with chicken. Basil and oregano pair well with tomato-based soups

- **Step 6: Enjoy!**

Featured Recipe of the Week: Broth and Soups

Soups are a quick and easy way to whip up a delicious and nutritious meal! They can be an easy source of vegetables and a great way to use up what is left in your fridge before it goes bad! To maximize nutrition, try including 1-2 vegetables, 1 protein source, 1 fat source, and 1 whole grain source in your next soup! Including all food groups will give you the most variety of nutrients and will keep you fueled and satisfied throughout the day!

Serving and Topping Ideas:

**Topping Ideas:**
- Sliced green onions, parsley, cilantro, thyme
- Grated cheese: parmesan, cheddar, mozzarella, or feta
- Croutons, crushed tortilla chips or saltine crackers
- Crumbled bacon bits
- Toasted nuts and seeds
- Salsa, pesto, sour cream, hot sauce, sriracha, lemon or lime juice

**Serving Ideas:**
- Serve tortilla chips and guac or salsa, quesadillas, side salads featuring tomatoes and corn, or cornbread with chilis and other bean-featured soups
- Serve a side of a protein-packed sandwich with vegetable soups
- Side salads pair great with chicken noodle and chicken and rice soups
- Make a classic grilled cheese alongside of a tomato soup