



Soup is Easy to Make

Soups are some of the easiest, yet most creative recipes we can cook. While soups can be cold or hot, we typically think of soup as a steaming hot meal on a cold day—and there are as many soup recipes as there are cooks! Many soups start with a broth base, and ingredients such as dried beans or peas, meat and vegetables can be added. Some soups have dried pasta as an ingredient. Soups are filling, nutritious and very economical—you can use the last of a bag of pasta, the leftover roast beef and a can of mixed vegetables, for example, and the results are delicious. So for hearty meals in winter or anytime, think soup!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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