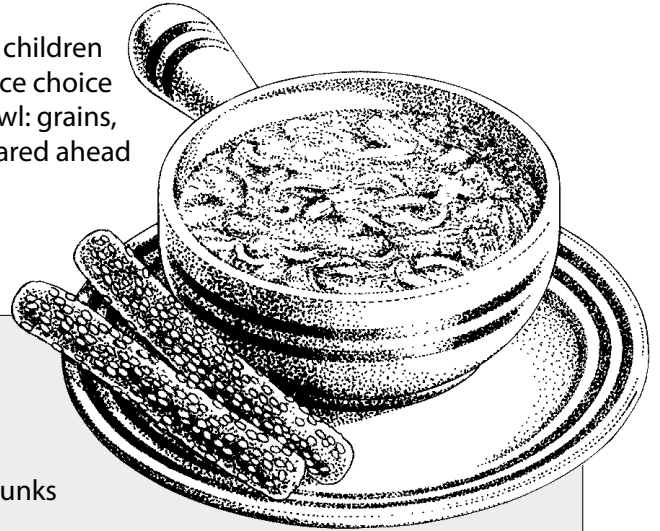


# Soup Season

There is nothing like a warm bowl of healthy, yummy soup to offer children for lunch, especially when the weather turns chillier. Soups are a nice choice for lunch because they provide a wealth of nourishment in one bowl: grains, vegetables, carbohydrates, proteins, and more! Soups can be prepared ahead of time or created with the children.



## Grandma's Chicken Vegetable Soup

- 1 can (14 ½ oz.) reduced chicken broth
- ½ cup water
- 1 pound potatoes (3 medium), cut into ½ inch cubes
- 1 carrot, cut into ¼ inch slices
- 1 pound boned and skinned chicken breasts, cut into 1 inch chunks
- 1 medium zucchini, cut into ¼ inch slices
- 3 green onions, sliced
- 2 tsp dried basil
- 1/8 tsp salt
- 1/8 tsp pepper

In a three-quart saucepan over medium heat, combine broth and water. Cover to boil. Add potatoes and carrot; cover and cook 5 minutes. Add chicken, zucchini, onions and basil; bring to boil, reduce heat, cover and cook until chicken is opaque throughout, about 7 minutes. Season with salt and pepper.

**Tip:** All poultry should reach a safe minimum internal temperature of 165°F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.

## Chicken Little Soup

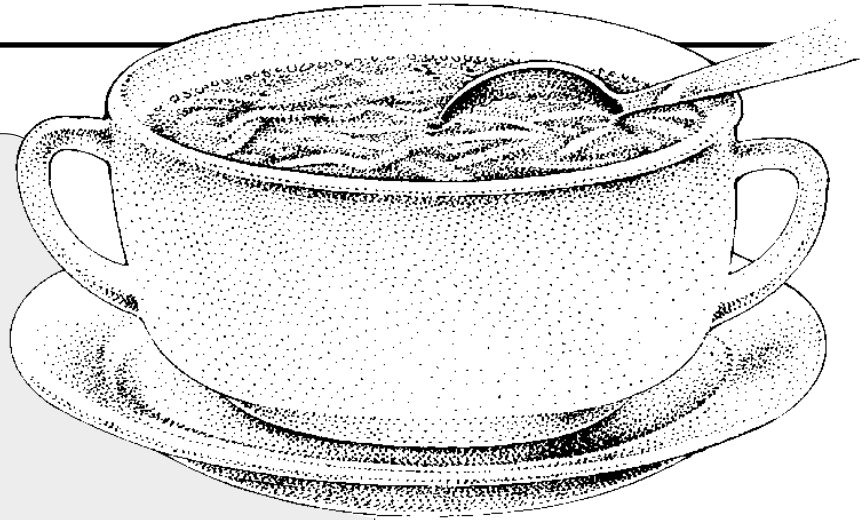
- 1 pound chicken, cut into 1 inch pieces
- 1 onion, finely chopped
- 1 stalk celery, chopped
- 1 tomato, chopped
- 2 carrots, sliced
- 3 potatoes, peeled and cut into 1 inch pieces
- 6 cups broth or stock
- 1 clove garlic, minced or 1/8 teaspoon garlic powder
- Salt and pepper to taste

Put all ingredients in large pot. Stir. Cover pot and cook over medium heat for about 45 minutes or until chicken is cooked.

## Leo the Leopard's Lentil Soup

1 tablespoon vegetable oil  
1 cup chopped onion  
8 cups water or broth/stock  
2 cups dried lentils, rinsed  
1 cup chopped carrots  
2 cups diced tomatoes, fresh or canned  
1 cup shredded mozzarella cheese

In a large pot, heat oil over medium heat. Cook onion in oil until soft and lightly browned (about 5 minutes). Add water/broth. Stir. Add lentils, carrots, and tomatoes; bring to a boil. Reduce heat to low and simmer for about 45 minutes or until lentils are tender. Spoon the soup into bowls. Top with cheese.



## Four steps for fighting bacteria: CLEAN, SEPARATE, CHILL, COOK

**CLEAN:** Wash hands. Wash utensils and surfaces in hot soapy water before and after food preparation. Using a sanitizer or a mixture of bleach and water can provide some added protection against bacteria.

**SEPARATE:** Use one cutting board for fresh fruits and vegetables. Use a separate cutting board for raw meat, poultry, and seafood. Never place cooked food on the same plate or cutting board that previously held raw food. Place raw foods in sealed containers or plastic bag. Place on the lowest shelf in refrigerator (avoid dripping).

**CHILL:** Refrigerate or freeze perishables and leftovers within 4 hours or less. Never defrost food at room temperature. Thaw food in the refrigerator.

**COOK:** Keep hot foods at 140 degrees Fahrenheit or higher. Cook poultry to 165 degrees Fahrenheit. When reheating soups, bring to a rolling boil. Use a clean food thermometer to make sure meat, poultry, egg dishes, casseroles, and other foods are cooked to safe internal temperatures.



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Dr. James E. Van Horn, CFLE, Better Kid Care Program Director

Developed by Christine Belinda, Penn State Better Kid Care Program  
253 Easterly Parkway, State College, PA 16801 • Phone: 1-800-452-9108 • Website: [betterkidcare.psu.edu](http://betterkidcare.psu.edu)

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**Sources:** California Department of Health Services, Women, Infants, and Children (WIC) [www.wicworks.ca.gov](http://www.wicworks.ca.gov); United States Department of Agriculture (USDA) Healthy Meal Resources, [www.5aday.com](http://www.5aday.com), [www.fightbac.org](http://www.fightbac.org)