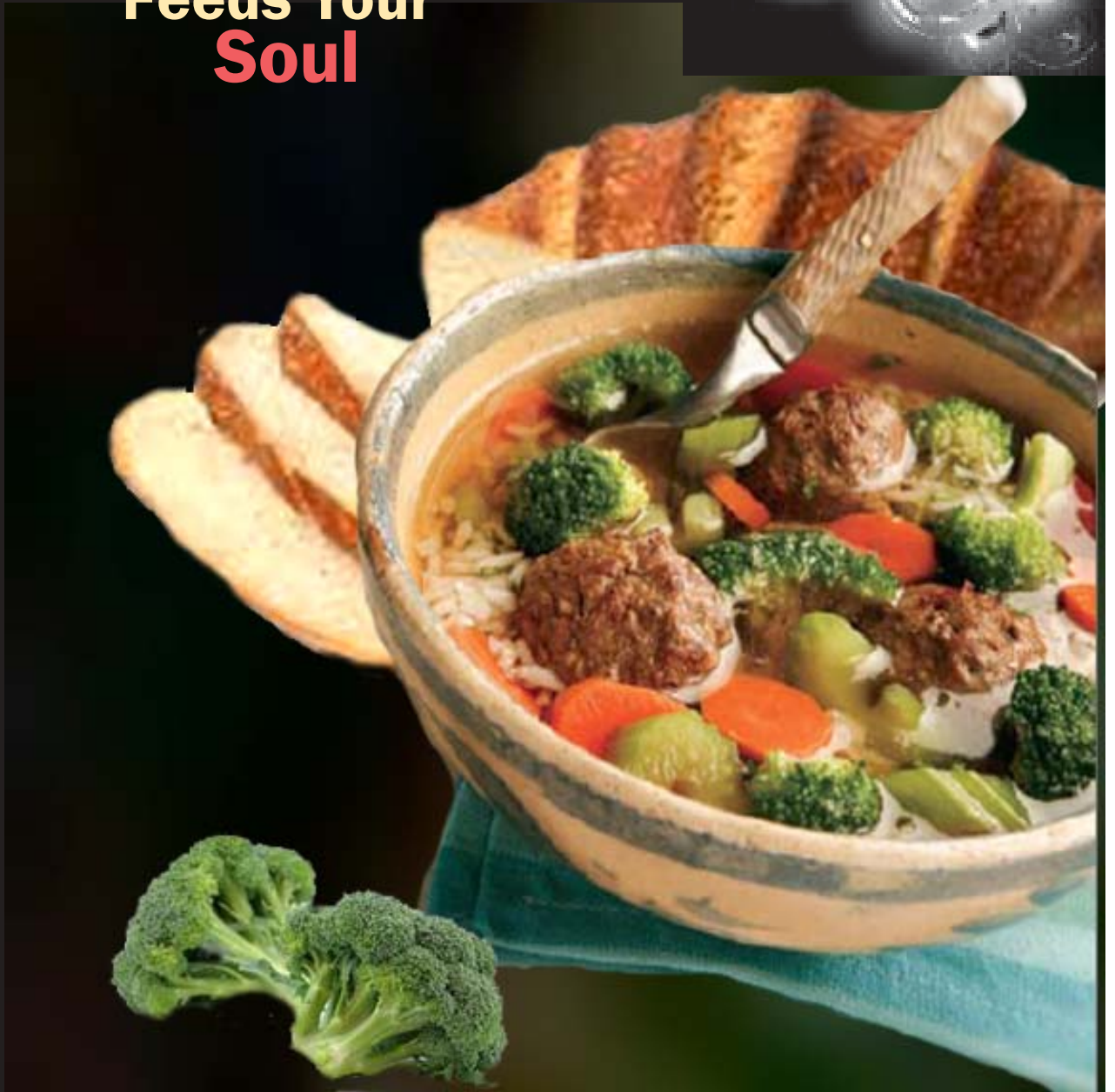


**Food that Warms
Your Heart &
Feeds Your
Soul**



Food that Warms Your Heart & Feeds Your Soul

Soups and Casseroles are meals that warm your soul, feed your health and remind you of happy days.

Many of family's favorite recipes can be described as "comfort foods." Dishes that simply make you feel better. Soups and Casseroles are meals that feed your health warm your soul, and make you feel happy and comfortable. How can you eat a big bowl of hot soup and not feel better? Grab a spoon, a crusty piece of bread, and enjoy one of life's simple pleasures. And a very healthy one., that your children will remember in their years to come.

Soups and casseroles are easy, healthy, colourful, delicious, and a great source of fibre and protein, which makes it especially good during the cold season. Hot soups in particular has numerous health benefits.

Unlike what happens during stewing and frying, vegetables, meat and poultry cooked directly in soups conserve much more of their natural nutrients, vitamins and general essence. And despite the fact that soups usually contain a lot less calories than the main dish, they aren't any less nutritious or filling.

Soups with plenty of vegetables are best, but soups in general, are good because they help restore the necessary water balance, which in turn helps keep our calories, water, salt and blood pressure under control. Especially the chicken soup, either homemade or organic, has anti-inflammatory effects that can help lessen the symptoms of a cold.

Soups are inexpensive and freezes well. By making good use of Soups and casseroles leftovers, you can cut your cooking time and food costs. You can prepare a chicken soups or a beef stew, serve half of it and freeze the remaining half to use late.

Need some ideas? Here the recipe for a simple but tasty soup with hearty vegetables....

Meatball Soup

INGREDIENTS

- 6 cups water
- 1/3 cup brown rice
- 3 low -sodium beef- or chicken flavored bouillon cubes, or 1 tablespoon low-sodium bouillon powder
- 4 sprigs fresh cilantro, finely chopped or 1 tablespoon dried cilantro
- 8 ounces lean ground beef, turkey, or chicken
- 1 tomato, finely chopped
- 1/2 onion, peeled and finely chopped
- 1 large egg

- 1/2 teaspoon salt
- 2 cups chopped fresh vegetables (zucchini, carrots, celery, and broccoli)



PREPARATION

1. In a large pot, combine water, rice, bouillon cubes, and cilantro. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.

2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.

3. Add meatballs to broth mixture and simmer 30 minutes.

4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.

Makes 4 servings.

1/2 cup broth mixture
(3 large meatballs per serving)

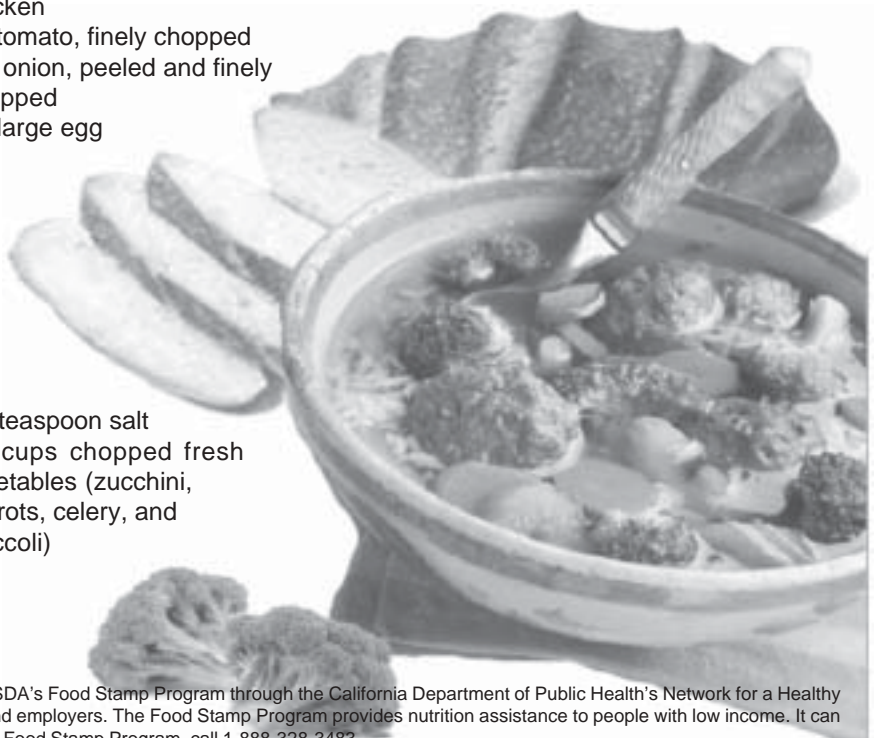
Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information

per serving:

Calories 196, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 16 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 85 mg, Sodium 407 mg.



The Meat ball soup is one of the many recipes developed by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.