Soups and Sandwiches

Here are ways to make your soup and sandwich meal a healthy duo.

**Bread:**
- Whole grain breads, such as 100% whole wheat and rye, are great sources of soluble fiber, which may help lower cholesterol. Whole grain pita bread and English muffins are also great choices.
- Look for the words "whole" or "bran" first on ingredient list.
- Consume breads with at least 3 grams of dietary fiber and ideally less than 3 grams of added sugar per serving.
- Limit less nutritious choices, such as croissants and biscuits, which are higher in sodium and saturated fats.

**Sandwich Fillings:**
- Fill your sandwiches with vegetables. Spinach, tomatoes, onion, shredded carrots, and cucumbers are tasty and nutritious additions.
- Choose natural cheese over options listed as cheese product. Swiss cheese tends to be lowest in sodium. Many stores sell part-skim or 2% milk cheese, which has less saturated fat.
- Select fish canned in water, such as salmon, tuna, sardines, and mackerel.
- If choosing luncheon meats, choose leaner varieties, such as turkey breast, chicken breast, or ham. Ask your deli counter if they have low-sodium options. You can also buy a fully cooked rotisserie chicken and shred it.
- Choose nutritious condiments such as mustard, hummus, guacamole, avocado oil mayonnaise, or pesto.
- Beans and legumes in the form of hummus or a homemade bean spread make a great vegetarian sandwich.

**Soup:**
- Look for canned soups with 'heart-healthy' or 'low sodium' labels.
- Try making homemade soups and load it up with vegetables. Add flavor by using plenty of onions and garlic.
- Increase fiber by adding brown or wild rice, whole wheat pasta, beans, peas, or lentils.
- Try whole grain, lower sodium crackers instead of saltines.
- Almost any cooked vegetable can be blended and used to thicken a soup or sauce. Tomato paste and pureed beans are great thickeners. Zucchini or...
other squash, broccoli, cauliflower, carrots, potato, or celery roots are all excellent choices.

- Use evaporated skim milk or dried milk powder instead of cream when making creamy soups.
- To help control sodium intake, use low or reduced sodium broth, stock or bouillon and water, and use low sodium seasonings or fresh herbs.

Check out these recipes!

**Bean and fresh Herb Sandwich Spread**

- **Ingredients**
  - 3 cloves garlic
  - 2, 16 ounce cans Great Northern Beans (can substitute other beans), rinsed and drained
  - 3 Tbsp lime or lemon juice
  - 1 Tbsp olive oil
  - 1/2 tsp ground black pepper
  - 4 Tbsp chopped fresh basil or 4 teaspoons of dried basil

- **Preparation**
  1. Use a food processor to puree garlic, beans, lime juice, and olive oil until smooth.
  2. Add basil and pepper; pulse until incorporated and the herbs are coarsely chopped. Serve chilled.

**Lentil Soup**

- **Ingredients**
  - 1 Tbsp olive oil
  - 2 cups chopped onion
  - 1 cup diced celery
  - 3 carrots, peeled, halved lengthwise and cut into 1/4 inch pieces
  - 1 Tbsp garlic powder
  - 28 oz can tomatoes, undrained, and chopped
  - 3 cups water
  - 4 cups canned low sodium broth
  - 1 1/2 cups dried lentils, rinsed and picked over
  - 1/2 tsp freshly ground black pepper
  - 1/3 cup chopped fresh parsley or 2 Tbsp dried parsley flakes

- **Preparation**
1. Heat the oil in a large saucepan, and sauté the onions, carrots, and garlic powder, stirring the vegetables for about 5 minutes.
2. Add the tomatoes, broth, water, and lentils. Bring the soup to a boil, reduce heat, cover the pan, and simmer the soup for about 1 hour or until the lentils are tender.
3. Add the pepper and parsley and simmer the soup for a few minutes.

### Homemade Chicken Noodle Soup

**Ingredients**

- 1 Tbsp olive oil
- 2 cups sliced celery
- 2 cups sliced mushrooms
- 2 cups chopped sweet onion
- Skinless, boneless chicken breasts, roasted or grilled (or skinless meat from 1 rotisserie chicken)
- 2 Tbsp minced garlic
- Black pepper to taste
- 3 cups (1 ½ cups dry) boiled and drained whole-wheat pasta
- 4 cups low-sodium chicken broth
- 4 cups water
- 1 ½ Tbsp chopped fresh herbs, such as parsley, sage, and oregano

**Preparation**

1. Add olive oil to large nonstick sauce pan and heat over medium-high heat. Add celery, mushrooms, and onion. Sauté until vegetables are lightly browned (about 5 minutes).
2. Stir in shredded chicken, garlic, and black pepper and toss to blend well.
3. Add the pasta, chicken broth, water and fresh herbs and bring to a gentle boil. Reduce heat to simmer, cover pot, and let simmer about 10-15 minutes.
Easy tomato bean soup

- **Ingredients**
  - 4 cups of low-sodium tomato juice
  - 1, 15 ounce can of cannellini beans (or other bean of your choosing), drained and rinsed
  - 2 Tbsp garlic powder

- **Preparation**
  1. Add all ingredients into nonstick saucepan, stir to combine, and heat over medium-high heat until desired temperature is reached.

### Sandwich Ideas

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<th>Condiment</th>
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<th>Bread</th>
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<tr>
<td>Scrambled eggs</td>
<td>Guacamole</td>
<td>Sauteed spinach</td>
<td>English muffin</td>
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<tr>
<td>Peanut butter</td>
<td>No sugar added fruit preserves</td>
<td>Mashed banana</td>
<td>Whole wheat bread</td>
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<tr>
<td>Leftover roasted or grilled chicken, shredded</td>
<td>Pesto</td>
<td>Shredded lettuce</td>
<td>Whole wheat pita</td>
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<td>Tuna fish</td>
<td>Avocado oil mayonnaise, melted Swiss cheese</td>
<td>Tomato slices</td>
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<td>Coleslaw mix (shredded cabbage)</td>
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<td>Smashed chickpeas</td>
<td>Yogurt based dressing</td>
<td>Cucumber slices</td>
<td>Whole wheat pita</td>
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