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# Soups and Sandwiches

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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

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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
  - 4 Tbsp chopped fresh basil or 4 teaspoons of dried basil
  - 1/2 tsp ground black pepper
- **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


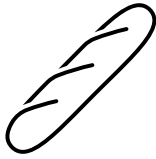
- **Ingredients**

- 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

Protein	Condiment	Vegetable or fruit	Bread
Scrambled eggs	Guacamole 	Sauteed spinach	English muffin
Peanut butter	No sugar added fruit preserves	Mashed banana	Whole wheat bread
Leftover roasted or grilled chicken, shredded	Pesto	Shredded lettuce	Whole wheat pita
Tuna fish	Avocado oil mayonnaise, melted Swiss cheese	Tomato slices	Rye bread
Tempeh (vegetarian)	Hot sauce	Coleslaw mix (shredded cabbage)	Multigrain baguette 
Smashed chickpeas	Yogurt based dressing	Cucumber slices	Whole wheat pita