



## WARMING UP WITH FALL SOUPS

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A rich, hearty, warm soup is an Autumn classic. Soups make great sides, appetizers, and even entrees, but they're also easy options for increasing your vegetable intake without even noticing! There are a wide variety of choices, but it is important to pay attention to how they are prepared.

Whether you're enjoying prepared soups or making your own from recipes, get into the habit of checking the nutrition facts labels. Soup can often be high in sodium and fat, but by changing ingredients, or making mindful choices when grocery shopping, we can control how much of these ingredients we consume!

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## What's Happening this Month:

\* Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!

\* Our October Support Group for post-weight loss surgery patients is Tuesday, October 20 from 6 - 7 p.m. This support group will be held virtually, so please check our online support group for the link to access, or message the dietitian at [tbalestrieri@capitalhealth.org](mailto:tbalestrieri@capitalhealth.org) to receive the link.

\* If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please e-mail Theresa at [tbalestrieri@capitalhealth.org](mailto:tbalestrieri@capitalhealth.org) so she can e-mail you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program right at your fingertips, 24/7!

\* Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on Wednesday, October 21 from 6 - 7 p.m. To register, call our office to speak to Amy at **609.537.6777**.

\* For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at **609.537.6777** to schedule your first appointment with Dr. Anwar.

# WARMING UP WITH FALL SOUPS

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## CHANGE THE BASE TO CREATE HEALTHIER OPTIONS

- When purchasing prepared soups, look for options labeled as "low sodium." Be cautious of soups labeled as "reduced sodium," as these can still have a high sodium content.
- Choosing broth-based soups over creamier offerings is another easy way cut down on fat content. You can also use fat-free, plain Greek yogurt as a topping in place of cheese or sour cream.
- If you're cooking at home, try to reduce the amount of fat in your base. By blending cauliflower into your broth, you add additional vegetables and fiber without compromising on creaminess. If your recipe calls for dairy, choosing fat-free or low-fat options also reduces calories and fat.



## ADD EXTRA VEGETABLES FOR A HEARTY SOUP

- When a recipe calls for a cup of spinach, why not make it a cup and a half or even two! Loading up on vegetables in the recipe increases the fiber content and the serving size, while decreasing the calories.
- When buying a soup from the grocery store, stocking up on vegetables is still an option.



When microwaving your soup, add frozen vegetables or leftover veggies from the night before.

- Plan ahead for future meals by preparing a big batch of your favorite soup or stew.
- Soup and stews are great for freezing, which allows you to have a healthy side portioned out and ready to go!
- When freezing, the container matters. Avoid glass containers, as the liquid can swell and cause the container to crack. Plastic, microwave-safe containers like Tupperware are the best option.

## DOUBLE UP ON LEAN PROTEINS

- Add chicken, turkey, pork, or fish to create a filling meal.
- Eggs can add flavor, creaminess, and protein to your soup! To easily add an egg, bring your soup to a boil on the stove. Carefully tilt the pot to the side and crack the egg directly into the boiling broth. Bring to a simmer for 5-7 minutes until you get a firm yolk.
- Choosing your toppings wisely can also help increase the protein in your soup. Try adding a sprinkle of low-fat cheese or plain Greek yogurt to increase the protein and calcium content!





## ESCAROLE SOUP WITH TURKEY MEATBALLS (ITALIAN WEDDING SOUP FOR STOVE TOP AND INSTANT POT)

From SkinnyTaste.com

NUTRITION INFO – PER SERVING  
Makes 8 servings (1 ½ cups each)

167 CALORIES • 12g CARBOHYDRATES  
22g PROTEIN • 3g FAT • 2.5g FIBER

### INGREDIENTS

#### MEATBALLS:

- 20 oz. (1.3 lbs.) ground turkey breast, 99% lean
- ¼ cup seasoned whole wheat breadcrumbs
- ¼ cup grated parmesan cheese
- ¼ cup parsley, finely chopped
- 1 large egg
- ¼ cup onion, minced
- 1 clove garlic, minced
- ¼ tsp salt

#### BROTH

- 8 cups fat-free, low-sodium chicken broth
- 16 oz. head escarole, chopped
- fresh cracked pepper, to taste
- 3 oz. (½ cup) uncooked orzo

### DIRECTIONS

#### STOVE TOP INSTRUCTIONS

1. In a large pot over medium-high heat, add the chicken broth and bring it to a boil, covered.
2. Meanwhile, in a large bowl, combine ground turkey, breadcrumbs, egg, parsley, onion, garlic, salt and cheese. Using your hands, gently mix all the ingredients well until everything is combined.
3. Form small meatballs, about 1 tbsp each – you'll get about 40.
4. When the broth comes to a boil, add the meatballs, orzo, and chopped escarole.
5. Add fresh pepper, adjust salt as needed, and cook according to pasta directions, about 10 minutes or until orzo and meatballs are cooked.

#### INSTANT POT INSTRUCTIONS

1. Pour the chicken broth in the pot, cover and cook high pressure 1 minute to bring it to a boil (quick or natural release).
2. Meanwhile, in a large bowl, combine ground turkey, breadcrumbs, egg, parsley, onion, garlic, salt and cheese. Using your hands, gently mix all the ingredients well until everything is combined.
3. Form small meatballs, about 1 tbsp each—you'll get about 40.
4. When the broth comes to a boil, add the meatballs, orzo, and chopped escarole. Add fresh pepper, adjust salt as needed, cover and cook at high pressure for about 5 minutes (quick release).



## CHICKEN ENCHILADA SOUP (FOR SLOW COOKER AND INSTANT POT)

From SkinnyTaste.com

### NUTRITION INFO – PER SERVING

Makes 6 Servings (1 ½ cups each)

333 CALORIES • 35g CARBOHYDRATES  
10g FAT • 9.5g FIBER • 30g PROTEIN

### INGREDIENTS

- 2 tsp olive oil
- ½ cup onion, chopped
- 3 cloves garlic, minced
- 3 cups low-sodium chicken broth
- 8 oz can tomato sauce
- 1-2 tsp chipotle chili in adobo sauce, or more to taste
- ¼ cup chopped cilantro, plus more for garnish
- 15 oz. can black beans, rinsed and drained
- 14.5 oz. can petite diced tomatoes
- 2 cups frozen corn
- 1 tsp cumin
- ½ tsp dried oregano
- 2 skinless chicken breasts, 16 oz. total

### FOR TOPPING:

- ¾ cup shredded part skim cheddar cheese
- ¼ cup chopped scallions
- ¼ cup chopped cilantro
- 1 small Haas avocado, diced (about 4 oz.)
- 6 tbsp reduced fat sour cream or fat-free plain Greek yogurt optional

### DIRECTIONS

#### SLOW COOKER INSTRUCTIONS

1. Heat oil in a saucepan over medium-low heat. Add onion and garlic and sauté until soft (3 - 4 minutes).
2. Slowly add the chicken broth, tomato sauce and chipotle adobo sauce and bring to a boil.
3. Add cilantro and remove from heat. Pour into crock pot.
4. Add the drained beans, diced tomatoes, corn, cumin, oregano and stir.
5. Add the chicken breasts; cover and cook on low heat for 4 - 6 hours.
6. Remove chicken and shred with two forks. Add chicken back into the soup, adjust salt and cumin to taste.
7. Serve in bowls and top with cheese, avocado, scallions and cilantro.

#### INSTANT POT INSTRUCTIONS

1. Press sauté on the Instant Pot. Add onion and garlic and sauté until soft (3 - 4 minutes).
2. Slowly add the chicken broth, tomato sauce and chipotle adobo sauce and cilantro.
3. Add the drained beans, diced tomatoes, corn, cumin, oregano and stir.
4. Add the chicken breasts; cover and cook on high pressure for 20 minutes (quick or natural release).
5. Remove chicken and shred with two forks. Add chicken back into the soup, adjust salt and cumin to taste.
6. Serve in bowls and top with cheese, avocado, scallions and cilantro.



## CREAMY PUMPKIN GINGER SOUP

From SkinnyTaste.com

### INGREDIENTS

- one 3 lb. sugar pumpkin, halved, seeded, and quartered
- 6 fresh thyme sprigs
- 1 ½ tbsp olive oil
- 1 tsp Kosher salt
- freshly ground black pepper, to taste
- 1 tbsp butter
- 2 large shallots, chopped
- 3 cups vegetable or chicken broth, plus more if needed
- 1 tbsp fresh grated ginger
- 3 fresh sage leaves, chopped
- ¼ tsp fresh nutmeg, plus more for garnish
- ¼ cup 0% fat plain Greek yogurt
- chopped chives, for garnish
- pepitas, for garnish (optional)

### NUTRITION INFO – PER SERVING

Make 4 servings (1 ½ cups each)

145 CALORIES • 16g CARBOHYDRATES • 8g FAT

3.5g FIBER • 3.5g PROTEIN

### DIRECTIONS

1. Preheat the oven to 400 degrees F. Lightly coat a baking sheet with nonstick spray.
2. Place the pumpkin and thyme on the prepared baking sheet. Drizzle with the olive oil and season with ¼ teaspoon salt and pepper. Gently toss to combine and arrange in a single layer.
3. Roast for 60 to 65 minutes, stirring halfway through, until the pumpkin is fork-tender.
4. Let cool, and then remove the peel from the pumpkin.
5. Meanwhile, heat the butter in a large stockpot or Dutch oven over medium heat.
6. Add the shallots and cook, stirring occasionally, until tender (4 to 5 minutes). Stir in the pumpkin and ginger along with the broth and sage.
7. Season with ¾ teaspoon salt and black pepper to taste. Bring to a boil, and then remove from heat.
8. Puree using an immersion blender until smooth. Add the Greek yogurt and blend.
9. Pour into four bowls.
10. Serve immediately, garnished with chives, plus more yogurt, pepitas, chives, and nutmeg, if desired.

*Note: This soup pairs well with leftover chicken salad to have with lunch, or a roasted turkey breast and beets to have as a complete meal.*



### Product of the Month: IMMERSION BLENDERS

Immersion blenders are fantastic tools when making soup. They are designed to fit directly into your pot and mix your ingredients into a smooth, delicious side or meal! Using an immersion blender allows you to skip pouring your soup into a blender, or transferring it to another machine. Immersion blenders can be purchased on Amazon or in other kitchen supply stores, ranging in price from \$25 – \$50.

