

WTNS Radio OSU Extension Update for October 9, 2023

Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about soup, and as always look at some upcoming programs from OSU Extension.

What a gorgeous week of weather for the county fair last week! Though it was a bit warm at times during the day, it was nice to have cool evenings and mornings. Now it looks like autumn has arrived and soup weather is here.

Soup is a great dinner choice for many reasons. Though some family favorites can be a bit time consuming, most soup recipes are quite easy to put together. Some are suitable to heat in a slow cooker throughout the day, making them an ideal option for families with little time to prepare dinner.

Soups are also a great way to incorporate vegetables into our day. Using tomato juice or vegetable juice as a base for vegetable soup cranks up the vitamin C and potassium with very little added sodium compared to broth. It is also pretty simple to add a small bag of frozen veggies to just about any soup, even if not part of the original recipe.

One of our favorite soups to make during the Dining with Diabetes classes is White Chicken (or Turkey) Chili. It is made with Great Northern or cannellini beans. Half of the beans are blended to thicken the soup. Beans are a good source of both protein and fiber. There is also a similar recipe for Apple Corn Chile at celebrateyourplate.org.

University of Nebraska Extension has these helpful tips for making soup delicious and nutritious:

Be sodium savvy. To keep soups tasty and healthy, use low-sodium broth, stock, or soup base for the foundation. Experiment with flavorful herbs and spices in place of salt. The most effective replacements are savory flavors with "bite," such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander, and onion. Use minced or powdered garlic and onion rather than their salt form.

Make healthier choices with Nutrition Facts Labels. When buying canned soups, use the Nutrition Facts Label to help choose ones with lower sodium levels. Foods with 140 milligrams (mg) of sodium or less per serving can be labeled as low-sodium foods. Claims such as "low in

sodium" or "very low in sodium" on the front of the food label can help identify foods that contain less salt.

Choose healthier substitutions. Soup can be a healthy, inexpensive meal. Keep soups lower in fat and calories by using cheese, sour cream, or bacon sparingly as a topping or garnish. Or choose healthier substitutes like reduced-fat shredded cheese, low-fat sour cream, non-fat plain yogurt, or turkey bacon. Substitute a whole-grain product for a refined product – such as using whole-wheat noodles, barley, or brown rice in soups and stews.

Cook once, eat twice. Homemade soups can be made ahead of time and in large quantities. Eat refrigerated soup within three to four days or freeze it. Don't let soup set at room temperature for more than two hours. To speed cooling, store soups in shallow containers. When serving a second time, bring to a boil.

And now let's look at what's new from OSU Extension.

Next time you are wondering about the best way to do something or what the latest research-based practices are, be sure to check out Ohioline by OSU Extension. Simply visit Ohioline.osu.edu and type in your topic of interest. This could be anything from elderberry production in Ohio to Healthy cooking for one or two. Or Preserving Pie Fillings or managing yellow jackets. Or selecting and storing Ohio winter squash and pumpkin or the best time to prune trees and shrubs. Be sure to check out Ohioline for these topics and hundreds of others.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!