



Community Kitchen

Homemade Soups

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There is nothing more comforting on a chilly day than a warm bowl of soup. Not only are soups delicious, they are also economical and can pack a lot of nutrition into one bowl! This community kitchen will focus on making your own soups at home. Participants will learn how to make a broth from scratch, discuss how to use herbs and spices to add flavour, and of course, make some delicious soups!

Objectives

- ✓ To provide the tools and resources for clients to expand their cooking abilities.
- ✓ Prepare a soup without using excess salt for seasoning.
- ✓ Recognize methods for reducing salt in cooking by using herbs and spices.
- ✓ Demonstrate safe food storage, dishwashing, and food handling.
- ✓ Provide an opportunity for people to share a meal and socialize.

Materials Needed

- ✓ Module: Community Kitchen– Homemade Soups.
- ✓ Groceries.
- ✓ Kitchen Tools.
- ✓ Copies of recipes and handouts.

Set-up time: 30 minutes

Total workshop time: 2.5 hours

- Intro to the workshop and welcome (10 minutes)
- Ice breaker: Appendix B (10 minutes)
- Review of kitchen safety and hand washing (10 minutes)
- Sodium and Cooking with less salt (15 minutes)
- Homemade stock demo
- Split into 3 work stations and begin recipes (1 hour 10 minutes)

Cook station 1: Irish Soda Bread & Dried Soup

Cook station 2: Carrot Ginger Soup

Cook station 3: Hearty Stew

- Eat together (20 minutes)
- Clean up and pack up

Preparation

* see recipes at the end of soup module

Intro and Welcome

- ✓ Start by introducing yourself and welcome the participants.
- ✓ Discuss “What is a community kitchen?” and “Why start a community kitchen?”
- ✓ Tell the group where to find washrooms, first aid kit, etc.

Ice Breaker

(10 minutes)

- Please select one of the ice breakers in Appendix B of Facilitator Manual to complete with the group.

Food Safety

(10 minutes)

- Hand washing demonstration
- Food storage
- Food preparation
- Dishwashing
- Review *Cook, Clean, Chill, Separate* Handout found in *Facilitator and Participant Manual*

Today's Recipes

Today we will be making 2 delicious soups, 1 dry soup mix, as well as a bread to go with the soups. There will be 3 workstations:

- #1 will be **Irish Soda Bread & Dry Soup Mix**
- #2 will be **Carrot Ginger Soup**. This is a quick and easy soup that can be whipped up any weeknight. The smooth and creamy soup is full of vitamin A rich carrots, warming ginger, and the sweet apple.
- #3 will be **Hearty Stew**. Today we will make our stew with stewing beef. However, you can make this recipe with wild meat such as; caribou, venison, or moose. This stew is full of root vegetables, making it a complete and satisfying meal for the whole family.

After we make these 3 tasty recipes, we will sit down to share a meal together.

Speaker's Points

Seasoning without the Salt

Community Kitchens are a great opportunity to help people learn about healthy eating and making food for their family. As a facilitator you can make this happen! When using this module you can share these key messages with participants:

Limit your sodium intake:

- Sodium intake should be limited to 1500 mg per day, 2300 mg at the most (which is less than a teaspoon of salt).
- A diet low in sodium reduces the risk of high blood pressure, stroke, and kidney disease.
- All types of salt have the same amount of sodium, even sea salt!

Prepare your own meals more often:

- Most of the sodium in our diet comes from processed foods, such as canned soup, sauces, salad dressings, and pre-packaged meals.
- Check the nutrition facts table on packaged foods to look for products with less sodium.
- Compare products using the % Daily Value for sodium on the Nutrition Facts Table. The lower the %, the better! **The rule of thumb:** 5% or less is considered a little or low sodium choice, 15% or more is considered a lot, or a high sodium choice.
- Make your own soups, sauces, and salad dressings, this way you can control how much salt you add.
- Use fresh, frozen, or low sodium canned vegetables or beans whenever possible. If using canned vegetables, beans, peas, or lentils rinse under cold water to rinse away excess sodium.

Flavour foods with herbs and spices: Provide participants with herbs and spices guide on page 14

- Herbs and spices are a great way to flavour foods without adding salt.
- Use red wine vinegar, balsamic vinegar, lemon or lime juice to add zest to your dishes.
- Add garlic, ginger, or onions or dried herbs and spices for enhanced flavour.
- Taste before adding salt, most recipes call for more salt than needed.

Stock Demo

Prep

- ✓ Show the group how to make their own stock. It may be best to have the stock started before the participants arrive. This way, you can review the steps and avoid taking time away from participant's time to cook the recipes.
- ✓ Emphasize that store bought stock can be high in salt. Making your own allows you to make a meal that will be low in sodium, but big on flavour!

Ingredient List (for 6-8 cups)

Bones from 1 chicken	Water to cover bones
1 tbsp. vegetable oil	2 tbsp. apple cider vinegar
1 carrot, chopped	1 bay leaf
1 onion, chopped	1 tbsp. dried herb such as parsley
1 celery, chopped	

Equipment List

stock pot	large bowl
oven	strainer/colander
ladle	

Cooking Instructions

1. Turn on stove to medium heat. Heat oil in a large pot. Add onions, carrots, and celery. Cook until vegetable get soft.
2. Add chicken bones. Fill the pot with enough cold water to cover the bones by about 2-3 inches. Add bay leaf and dried herbs.
3. Heat stock on medium heat and bring to a gentle boil. Reduce heat to low and continue to simmer for 1 hour. Use a soup ladle to scoop out any scum that has risen to the top.
4. Put a strainer or a colander over and empty large pot or large bowl. When the stock has cooled, spoon the liquid into the strainer. Throw away any bones, herbs or vegetables.
5. Cover the stock and put in the refrigerator overnight. The fat in the stock will form a hard layer on the top. Use a spoon to scoop off the fat and throw it away.
6. Keep stock in the refrigerator for up to 3 days or freeze in smaller containers for up to 4 months.

****Did you know?***
Vinegar is added to the broth to help draw out minerals, especially calcium, from the bones.

This homemade stock can be used in any soup recipe! To make a **Beef Stock**, follow the same steps, but use beef bones instead of chicken bones. For a **Vegetable Stock** follow the same steps, but double your vegetables and do not use chicken bones.

Work Stations - Hands on Cooking

Station #1: Irish Soda Bread and Dry Soup Mix

Irish Soda Bread

Work Station Prep

Place recipes at work stations. For this station the group will prepare two recipes; have them prepare the Dry Soup Mix while the Irish Soda Bread is baking.

Ingredient List

See grocery list and amounts page 14.

2 cups whole wheat flour

1 tsp. salt

2 cups all purpose flour

2 ¼ cups buttermilk

1 tsp. baking soda

Equipment List

Oven

Wooden spoon

Baking Sheet

Measuring cups

Large Bowl

Measuring spoons

Whisk

Liquid measuring cup

Cooking Instructions

1. Preheat the oven to 450 F. Coat baking sheet with cooking spray and sprinkle with a little flour.
2. In a large bowl whisk together whole wheat flour, all purpose flour, baking soda, and salt. Make a hole in the centre and pour in the buttermilk. Using one hand, stir in full circles (starting in the centre of the bowl and working towards the outside) until all of the flour is incorporated. The dough should be soft but not too wet and sticky. Do not over mix.
3. Turn onto a well floured surface. Pat and roll the dough gently with floured hands to tidy it up and give it a round shape. Flip the dough ball over and flatten to about 2 inches.
4. Transfer to the prepared baking sheet. Mark with a deep X using a serrated knife and prick each of the four sections.
5. Bake the bread for 20 minutes at 450F. After 20 minutes, reduce the oven temperature to 400F and continue to bake until the loaf is golden brown on the top, and sounds hallow when tapped, 30 - 35 minutes more. Transfer the loaf to a wire rack and allow to cool.
6. Cut into 12 slices and serve warm.

Dried Soup Mix

Work Station Prep

Place recipes and labels (page 16) at work station.

Ingredient List

See grocery list and amounts page 14.

2 ½ cups dried chickpeas

1 cup dried red lentils

1/3 cup dried onion flakes

¼ cup dried parsley

1 tbsp. mild curry powder

1 tbsp. garam masala

1 ½ tsp. garlic powder

Equipment List

1 L jars with lids

Measuring Cups

Measuring Spoons

Printed recipe instructions to attach to jars (page 16).

Cooking Instructions

1. Add the chickpeas and lentils to the empty jars.
2. Measure and add the dried onion, parsley, curry powder, garam masala, and garlic powder.
3. Apply lids and attach cooking instructions.

****Did you know?***

Garam masala is a blend of ground spices often used in Indian cooking. It brings a sweet and warm flavour to dishes. Garam masala recipes vary, but most will include: cumin, cardamom, cloves, nutmeg, cinnamon, coriander, and peppercorns.

Station #2: Ginger Carrot Soup

Work Station Prep

Place recipes at work station.

Ingredient List for 8

See grocery list amounts page 14.

1 tbsp. vegetable oil	1 tbsp. fresh ginger, minced
2 small onion, finely chopped	6 cups chicken or vegetable stock
3 cloves garlic, minced	½ tsp. Nutmeg (optional)
2 large apple (any variety) peeled and chopped	Salt & Pepper to taste
8 cups (~2 lbs) carrot, peeled and thinly sliced	

Equipment List

Stove top	Cutting board
Large stock pot	Knives
Measuring cups and spoons	Vegetable peeler
Wooden spoon or spatula	Blender or immersion blender

Cooking Instructions

1. In a large pot, heat oil over medium heat. Add onion. Cook stirring occasionally until the onion is soft, about 5 minutes. Add the minced garlic and ginger and cook for another couple of minutes on low heat. Add chopped apple and carrots and cook for a few minutes more.
2. Add your broth, stir, and bring to a boil. Reduce heat to a simmer (low-medium) for 20 minutes uncovered or, until carrots are tender.
3. Carefully transfer half of the soup into a blender. Add a pinch of nutmeg and blend until smooth, make sure to allow for steam to escape through the lid. Remove soup and blend the other half. If soup is too thick, add water as needed. Caution as the soup is hot. **If using an immersion blender, soup can be blended directly in the pot, be cautious as soup may splatter.
4. Place soup back in the pot and season with salt and pepper to your liking. You can thin soup out with more water if needed.
5. Reheat and serve.

Station #3: Hearty Stew

Work Station Prep

Place recipe at work station.

Ingredient List for 8

See grocery list with prices and amounts on page 14.

½ cup all purpose flour	1 28 oz can whole tomatoes
3 tbsp. vegetable Oil	6 cups beef stock
2 pounds stewing beef, cubed	4 carrots, chopped
2 medium onions, chopped	2 celery ribs, chopped
4 cloves garlic, chopped	3 potatoes, cubed
2 bay leaves	1 turnip
2 tsp. thyme	Salt and Pepper to taste

Equipment List

Heavy bottomed pot	Knives
Stove top	Cutting boards
Measuring cups	Vegetable Peeler
Large plastic bag or plate	Can opener
Measuring spoons	Wooden spoon or spatula

Cooking Instructions

1. Combine flour, salt, and pepper in a heavy plastic bag. In batches, add beef to flour mixture and toss to coat. Transfer to plate.
2. In a large pot, heat half of the oil over medium-high heat; cook beef in batches, adding more oil as needed until meat is browned. Transfer to plate. Save remaining flour.
3. Reduce heat to medium-low. Add remaining oil, onions, thyme and garlic; cook, stirring, for 4 minutes or until onions have softened.
4. Mix remaining flour into softened onions. Add 1 cup of stock cook, stirring, to scrape up brown bits on the bottom of the pan. Return beef and any accumulated juices to pan; and pour in remaining stock and canned tomatoes. Add bay leaf
5. Bring to a boil, stirring, until slightly thickened. Reduce heat, cover and simmer over medium low heat, stirring occasionally for 30 minutes.
6. Meanwhile peel and chop vegetables (carrots, celery, potato, and turnip) and add to the pot. Cover and let simmer an additional 30 minutes or until vegetables are tender.
7. Remove bay leaf, and adjust seasonings according to taste.

Alternative Option for Hearty Beef Stew

You may use the recipe for Chicken and Rice Soup instead of the Hearty Stew to utilize the homemade stock as well as the meat from the chicken. The recipe can be found in the Homemade Soups Recipe Book. Adjust your grocery list accordingly.

Speaker's Points

Hands on Cooking

- **Check – In**
 - ✓ Move from station to station while groups are cooking
 - ✓ Provide guidance and demonstrate techniques as needed
 - ✓ Ask if the group has any questions
- **Promote Team Work**
 - ✓ Ask participants to work together as they prepare the recipe
 - ✓ Encourage them to carefully read and follow all steps in the recipe
- **Clean as you go**
 - ✓ Encourage participants to clean up as they cook. This will make for a faster “wrap-up” at the end of the community kitchen, and will keep the space from getting too crowded and cluttered

Enjoy Meal Together

Points for Reflection

Consider asking participants the following questions during your shared meal.

Encourage them to share with the group:

- Did you learn anything new about food today?
- How might you use this recipe or ingredients in the future?
- Do you like the recipes that the group prepared?

Some participants may be shy. Do not put anyone on the spot.

Wrapping Up

Ask participants to help with the clean-up. Any help is appreciated!

- ✓ Distribute the leftovers evenly between participants
- ✓ Thank everyone for coming and for participating!
- ✓ Let them know of the next community kitchen session topic and date.
- ✓ Have a sign-up sheet ready in case they decide to sign up.

**Give yourself a pat on the back
for a great session!**

Grocery List – Homemade Soups

(Amount for 8 serving recipes)

Produce

- Carrots (3lb bag)
- Onion – 5
- Celery 1 bunch
- Potatoes - 3
- Turnip – 1
- Apple – 2
- Garlic bulb -1
- Ginger bulb - 1

Butcher

- Bones from 1 chicken
- Stewing Beef (2 lbs)

Canned

- Chicken/Vegetable Stock – 6 cups (1.5L)
- Beef Stock – 6 cups (1.5 L)
- Canned tomatoes (reduced sodium) –(28 oz.) 1 can

Dairy

- Buttermilk

Baking/Spices

- Vegetable Oil
- Whole wheat flour
- All purpose flour
- Baking Soda
- Parsley (can borrow parsley from dry soup mix ingredients)
- Bay Leaf
- Nutmeg
- Thyme
- Salt
- Pepper

For Dried Soup Mix

(To make ~ 10 1L jars)

- Dried chickpeas (garbanzo beans) – 20 cups
- Dried red lentils – 15 cups
- Dried onion flakes (5 packages)
- Curry Powder (1 package)
- Garam Masala Powder (1 package)
- Garlic Powder (1 package)
- Parsley (3 packages)
- 10 (1L) Mason jars with lids

Uses of Herbs and Spices

Herbs	<i>Flavour and Uses</i>	Spices	<i>Flavour and Uses</i>
Basil	Great in tomato or Italian dishes; such as pizza, spaghetti sauce, or soups. Goes well with oregano	Chili powder	Ground mixture of hot chillies. Soups, chilli, beans, Mexican and South American dishes.
Bay Leaves	Use the whole leaf to add to soups or dishes. Take the leaf out before serving. Great in soups or stews	Cinnamon	Sweet and hot flavour. Goes well with fruit desserts, cakes, and cookies. Also try on pork, lamb, meat pies or curries
Chives	Light onion flavour. Use at the end of cooking. Chop finely. Goes well with salads, fish, potatoes, or dips	Cloves	Aromatic and sweet. Used in fruit desserts (pumpkin and apple dishes), gingerbread, curry dishes, soups, beans, pork
Cilantro	Often used fresh in Mexican dishes and salsas	Allspice	Similar to cloves and cinnamon. Used in cakes, cookies, stews, chicken, and lamb
Dill	A tangy herb. Great with cucumbers, tomatoes, salad dressing, salmon, potatoes. Often used for pickling. Goes well with parsley	Cumin	Bold flavour, use sparingly. Found in curry powder and chili powder. Goes well with chili, tacos, cabbage, and beans.
Italian Seasoning	A combination of marjoram, basil, oregano, thyme, rosemary, savory, and sage. Can be used in any Italian or tomato dish	Curry	A mixture of spices including cloves and cumin. Often used in Indian dishes, including as a base spice for curry dishes. Can also be used in soups, tomato sauces, rice and meat dishes.
Oregano	An earthy herb. Often used with lamb, chicken, pork, tomato sauces, and with lemon	Ginger	Spicy and warm. Used in gingerbread, cakes, and pumpkin recipes. Ginger pairs well with garlic and is often used in Asian recipes, such as teriyaki sauce.
Parsley	Clean flavour. Used in almost any savory dishes: seafood, beef, chicken, potatoes, soups and salads	Mustard Powder	Used in deviled eggs, macaroni & cheese, ham glaze, and salad dressings. Mustard seeds are also used for pickles
Rosemary	Fresh, piney flavour. Use sparingly. Great with poultry, potatoes, and breads.	Nutmeg	Sweet and spicy. Used in cakes, fruit desserts, beans, sauces, cabbage, and with root vegetables. Goes well with cinnamon
Sage	Used in stuffing, stews, and meat dishes	Paprika	Made from red peppers. Goes well with eggs, seafood, potato salads, and chicken dishes
Thyme	Earthy and subtle flavour. Used in soups, stews, seafood, poultry, vegetables, and bread		
Savory	Similar to thyme. Used for pork, tomatoes, and stuffing		

Thai Chickpea Soup - Serves 8

Ingredients (dry)

2 ½ cups dried chickpeas
1 cup red lentils
1/3 cup onion flakes
¼ cup dried parsley
1 tbsp mild curry powder
1 tbsp garam masala
1 ½ tsp garlic powder

To make soup:

1 (15 oz) can coconut milk
2 (900ml) cartons of low sodium chicken or vegetable stock
4 cups (1L) water

In a large pot, combine dry soup mix, broth and water.

Bring to a boil. Then reduce heat to medium low, cover and simmer, stirring occasionally until chickpeas are tender ~ 2 hours

Uncover, stir in coconut milk and simmer for 30 minutes until soup has thickened

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HOW TO CUT UP A WHOLE CHICKEN

VALUE

- Save money by buying a whole chicken (broiler or fryer) and cut it up to use in several dishes!

FLAVOUR

- Cooking chicken with the bones in means a juicer and more flavourful bird!

- Cook with the skin on to keep the meat moist. Peel off the skin before serving to reduce fat.

QUICK TIP

- Use the parts you don't eat, like the backbone and wing tips for homemade stock!





1. Place the whole chicken, breast side up, on a cutting board. Pull one leg out from the breast. Use the knife to make a small incision through the skin.



2. Pull out the leg and using your hand, push up from the underside to pop out the leg joint. Cut straight down just above the joint to detach the leg. Repeat on the other side.



3. Using your hand, flex the drumstick to locate the joint. Cut through the joint to separate the drumstick and thigh. Repeat on the other side.



4. Turn the chicken on its side. Pull one wing away from the body. Place the knife above the joint where it attaches to the breast and cut through. Turn the chicken over and repeat.



5. Use kitchen shears or a knife. With the chicken on its side, pull the backbone away from the breast and cut. Repeat on the other side. Save the backbone for stock.



6. Lay the breast skin side down. Using your knife, cut completely through the breastbone and cartilage to divide the breast into two halves.



7. Remove the skin, before or after cooking, to reduce fat content. Use a paper towel to easily grip the skin and pull it away from the meat.



8. Use the discarded pieces of meat along with vegetables and basic spices to create a delicious stock. The spare meat can be frozen and made into stock at a later date too.



9. Skim stock as it cooks, then strain afterwards. Use as a soup base or flavourful additive in other dishes.